



LOCATION _____ **DATE** _____

PHYSICIAN _____ **TIME** _____

PLEASE READ AND CAREFULLY FOLLOW THE INSTRUCTIONS

_____ Stress Test (TMT)

- Wear comfortable clothing and shoes appropriate for exercise (i.e. walking shoes, walking clothes)
- Fasting 2 hours prior to testing
- Hold all Beta-Blockers, Calcium-Channel Blockers for 24 hours prior to testing (see list below)

_____ Walking Stress Echocardiogram

- Wear comfortable clothing and shoes appropriate for exercise (i.e. walking shoes, walking clothes)
- Fasting 2 hours prior to testing
- Hold all caffeine and other stimulants 12 hours prior to testing
- Hold all Beta-Blockers, Calcium-Channel Blockers for 24 hours prior to testing (see list below)

_____ Dobutamine Stress Echocardiogram

- Wear comfortable clothing
- Fasting 4 hours prior to testing
- Hold all caffeine and other stimulants 12 hours prior to testing
- Hold all Beta-Blockers, Calcium-Channel Blockers for 24 hours prior to testing (see list below)

Medications to be held for 24 hours prior to Stress Testing

BETA BLOCKERS

Atenolol (Tenormin, Tenoretic)
Metoprolol (Toprol-XL, Lopressor)
Propranolol (Inderal, Inderal-LA, Innopran)
Carvedilol (Coreg)
Sotalol (Betapace)
Bystolic (Rebivolol)

CALCIUM-CHANNEL BLOCKERS

Diltiazem (Cardizem, Tiazac)
Verapamil (Calan SR, Verelan)
Digoxin