Exercise Stress Tests & Stress Echo

Exercise Stress Test and Stress Echo
You will be in the Cardiovascular Care Center for approximately one hour. During that time, you will walk on the treadmill for approximately 3 - 10 minutes.

Please bring a list of medications with you, listing the dosage and how often you take them. Do NOT have food 2 hours prior - you may drink water. Do NOT have caffeine or alcohol 24 hours prior to the test (this includes coffee, tea, decaf coffee and tea, soft drinks and chocolate). Also, please dress comfortably in a 2-piece outfit (no dresses) and wear or bring walking shoes.

Do NOT take the following medications for 24 hours prior to the test unless your physician instructs you to: Toprol, metoprolol, Tenormin, atenolol, Lopressor, Inderal, propanolol, Corgard, nadolol, Coreg, carvedilol, Tiazac, diltiazem, Cardizem, Betoptic Eyedrops, betoxalol Eyedrops, Amiodarone, cordarone, Nitrates, Nitro Patch, Verapamil, Calan, Betapace and sotalol.

See reverse for more Dobutamine Stress Echo
Dobutamine Stress Echo

You will be in the Cardiovascular Care Center for approximately one and a half hours. This test is a type of stress test. Usually, stress tests are done by having you exercise on a treadmill to make your heart work harder. Instead of walking on a treadmill, we make your heart work harder by giving you a drug called Dobutamine. This medicine is given through an intravenous line (IV) over 10 - 15 minutes.

Please bring a list of medications with you, listing the dosage and how often you take them. Do NOT have food 2 hours prior - you may drink water. Do NOT have caffeine or alcohol the day of the test (this includes coffee, tea, decaf coffee and tea, soft drinks and chocolate). You may wear whatever is comfortable. Do NOT take the following medications for 48 hours prior to the test unless your physician instructs you to: Toprol, metoprolol, Tenormin, atenolol, Lopressor, Inderal, propanolol, Corgard, nadolol, Coreg, carvedilol, Tiazac, diltiazem, Cardizem, Betoptic Eye-drops, betoxalol Eyedrops, Amiodarone, cordarone, Nitrates, Nitro Patch, Verapamil, Calan, Betapace and sotalol.

For more information, please call the Cardiovascular Care Center at (603) 740-2121.