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Stress Test / Stress Echo

Instructions

Date of Appointment: _____ Time: _____

1. Please **do not take** Beta-Blockers 24 hours before the exam. Bring them with you to take after your stress test. Examples of Beta-Blockers are Toprol XL, Metoprolol, Atenolol, and Coreg.
2. Stop eating solid food **4 hours** before your appointment. (*This reduces the likelihood of nausea that may accompany strenuous exercise after a heavy meal.*)
3. Wear comfortable walking shoes. (Do not wear sandals or shoes with a heel).
4. Wear shorts or slacks with a T-shirt or an outfit used for exercising will be appropriate.
5. If you have questions regarding your procedure, please contact the nurse of your physician prior to the test or call: **512-454-3333**

NOTE: Please be prepared to pay your copay, deductibles and coinsurance amount at the time of service.