



30 East 40th Street, #1201, New York, NY 10016

STRESS ECHO INSTRUCTIONS

Date: _____

Time: _____

You have an upcoming appointment for an exercise stress echo test. There are a few particulars regarding the test we would like to inform you of:

1. You will have an echocardiogram (ultrasound of the heart). The technician will rub a probe over your left chest area.
2. You will then walk on a treadmill while being monitored by EKG.
3. At the conclusion of the stress test, you will have a second echocardiogram.
4. Please bring or wear sneakers or rubber-soled shoes.
5. Bring or wear comfortable clothing, either shorts or slacks.
6. **Women:** no bra can be worn during the test, we will supply you with a gown.
7. **Men:** we may have to shave small portions of hair from your chest to connect electrodes for monitoring.
8. No lotions or body creams should be used on the day of testing.
9. Nothing to eat or drink **3 hours** prior to testing.
10. You will be here approximately **1 to 1 ½ hours** from preparation for the test until completion.
11. We will try to call you to confirm your appointment 1 to 2 days before your appointment.
12. If you are taking any of the following medications, please check with your referring physician or have your physician contact us about stopping before the test: **Blocadren, Cartrol, Coreg (carvedilol), Imdur (isosorbide montrate) Inderal (propranolol), Inderal LA (propranolol LA), Kerlone, Levatol, Lopressor (metoprolol), Sectral, Tenormin (atenolol), Toprol XL (metoprolol XL), Visken. OR ANY BETA BLOCKERS.**

Please do not hesitate to contact us if you have any questions.

If you are not feeling well and need to reschedule, please call our office as soon as possible.

Thank you.

Kenneth R. Krauss, MD

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Alan Spiegel, MD

212-684-7172