



Mid-Ohio Heart Clinic, Inc.

Cardiovascular
Disease
Specialists

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Mansfield, OH 44901

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MID-OHIO HEART CLINIC, INC. STRESS-ECHOCARDIOGRAM PATIENT INSTRUCTIONS

You are scheduled to have a treadmill or dobutamine stress-echocardiogram on _____ at _____.

MEALS

Nothing to eat or drink **2 hours** prior to appointment time. Specifically, do not drink coffee, tea, or carbonated beverages that contain caffeine, which can raise the heart rate artificially.

SMOKING

Since nicotine raises your heart rate and blood pressure, tobacco should be avoided for **4 hours** prior to the test.

ATTIRE

Wear loose fitting clothes and comfortable shoes for exercise. Women should not wear a dress but rather a shirt and slacks. Gym shorts would be appropriate.

MEDICATIONS

PLEASE CALL DEBBIE E. AT THE ECHO LAB (419-524-8151, EXT 1146) FOR INSTRUCTIONS IF YOU ARE TAKING A MEDICATION FROM THE FOLLOWING LIST AND YOUR PHYSICIAN HAS NOT GIVEN YOU PRE-TESTING INSTRUCTION.

MEDICATION LIST

| | | | |
|------------|------------|------------|-------------|
| ATENOLOL | TENORMIN | TOPROL XL | TENORETIC |
| METOPROLOL | LOPRESSOR | INDERAL | PROPRANOLOL |
| COREG | CARVEDILOL | SOTALOL | BETAPACE |
| VERAPAMIL | CARDIZEM | VERELAN | CALAN |
| DILTIAZEM | CARTIA XT | TIAZAC | DILACOR XR |
| ISOPTIN | DILTIA XT | CORGARD | COVERA HS |
| LABETALOL | NORMODYNE | BISOPROLOL | SECTRAL |
| ACEBUTOLOL | ZIAC | NADOLOL | |

You may take your other medications as usual prior to your test.

If you have any questions, please call Debbie E. at the echo lab.
Thank you.

