

San Diego Cardiovascular Associates

If you need to cancel, it is very important to do so 48 hours in advance at your scheduled location.

INSTRUCTIONS FOR A STRESS ECHO

The Stress Echo test takes approximately 1 to 1.5 hours. After the test is over you may resume your regular daily activities.

There are a few small steps to prepare yourself for this test:

1. Wear loose, comfortable clothing and walking or tennis shoes because you will be walking on a treadmill.
2. **DO NOT** exercise the day of your test.
3. You may take your regular medications with clear liquids. **However, there may be an exception if you are on a Beta Blocker.** See specific instructions if you are on a Beta Blocker medication.
4. **Beta Blockers: If you have Atrial Fibrillation or Flutter, continue to take all of your medications. If you do NOT have Atrial Fibrillation or Flutter, DO NOT TAKE your Beta Blocker Medications 24 hours prior to your appointment. Beta Blocker medications include the following:**

<u>Generic</u>	<u>Brand</u>
Metoprolol	Lopressor or Toprol
Atenolol	Tenormin
Propranolol	Inderal
Pindolol	Visken
Nadolol	Corgard
Carvedilol	Coreg
Labetalol	Normodyne or Ziac
Bisoprolol	Zebeta Bystolic

5. If your test is in the morning, a light breakfast is recommended.
6. **No body lotions or creams on your chest area** the day of the test. Deodorant is OK.

The Stress Echo test is conducted as follows:

You will have ten small electrodes attached to your chest. A resting echocardiogram will be taken. You are then connected to the EKG monitor, and blood pressure is taken at this time. The technician will explain how the treadmill is done, then the supervising clinician will arrive and the treadmill part of the test will begin. You will begin walking very slowly on the treadmill. Your blood pressure and EKG will be checked every three minutes. The speed and elevation of the treadmill will increase slightly every three minutes as well. When the treadmill portion of your test is complete, you will quickly lie down on the echo table and the post exercise echo will begin. You will then be unhooked from the equipment.

The total time the test takes varies from one person to another.

During the treadmill please let your doctor know if you are having chest pain, chest tightness, palpitations, or dizziness. If, for any reason, you feel you need to stop the test, please tell your clinician.

SAN DIEGO CARDIOVASCULAR ASSOCIATES

Stress Echocardiogram Test Cancellation and/or No Show Policy

It is unfortunate that some people make appointments for procedures and then cancel at the last minute or, even worse, simply do not show up. This deprives other patients who need the procedure the opportunity to have them performed earlier. Because of this problem we reluctantly must enforce the following cancellation policy.

If you are a no show or if you cancel less than 48 hours before the procedure is to be performed you will be charged \$100.00 (one hundred dollars), a fee that will not be covered by your insurance.

Monday procedures must be cancelled by noon of the previous Friday.

No Show or cancellation fees must be collected prior to setting up any future appointments.

We are truly sorry that these regulations must be instituted at this time. However, we find it unfair to vast majority of responsible patients who suffer because the irresponsibility of a few.

Sincerely,

San Diego Cardiovascular Associates.