



**LOCATION** \_\_\_\_\_ **DATE** \_\_\_\_\_

**PHYSICIAN** \_\_\_\_\_ **TIME** \_\_\_\_\_

## PLEASE READ AND CAREFULLY FOLLOW THE INSTRUCTIONS

### \_\_\_\_\_ **Stress Test (TMT)**

- Wear comfortable clothing and shoes appropriate for exercise (i.e. walking shoes, walking clothes)
- Fasting 2 hours prior to testing
- Hold all Beta-Blockers, Calcium-Channel Blockers for 24 hours prior to testing (see list below)

### \_\_\_\_\_ **Walking Stress Echocardiogram**

- Wear comfortable clothing and shoes appropriate for exercise (i.e. walking shoes, walking clothes)
- Fasting 2 hours prior to testing
- Hold all caffeine and other stimulants 12 hours prior to testing
- Hold all Beta-Blockers, Calcium-Channel Blockers for 24 hours prior to testing (see list below)

### \_\_\_\_\_ **Dobutamine Stress Echocardiogram**

- Wear comfortable clothing
- Fasting 4 hours prior to testing
- Hold all caffeine and other stimulants 12 hours prior to testing
- Hold all Beta-Blockers, Calcium-Channel Blockers for 24 hours prior to testing (see list below)

## **Medications to be held for 24 hours prior to Stress Testing**

### **BETA BLOCKERS**

Atenolol (Tenormin, Tenoretic)  
Metoprolol (Toprol-XL, Lopressor)  
Propranolol (Inderal, Inderal-LA, Innopran)  
Carvedilol (Coreg)  
Sotalol (Betapace)  
Bystolic (Rebivolol)

### **CALCIUM-CHANNEL BLOCKERS**

Diltiazem (Cardizem, Tiazac)  
Verapamil (Calan SR, Verelan)  
Digoxin