



Instructions for Echocardiography/Vascular

ECHO: No specific restrictions for the echo test. We request that you do not use powders or lotions the day of the test.

STRESS ECHO: Wear exercise clothing. Patients are encouraged to eat only a light breakfast for the Stress Echo Test. Do not eat anything 2 hours before the test. You may have water as needed. Take blood pressure medications the morning of your scheduled test unless specifically instructed otherwise.

VASCULAR: If you are scheduled for an Abdominal or Aorta Duplex ultrasound, do not eat or drink anything six hours prior to the scheduled test. For any other ultrasound or vascular study, there are no restrictions.