



Exercise Stress Echo Patient Instructions

During an Exercise Stress Echo Test, you will walk on a treadmill while your heart rate, blood pressure, and EKG are monitored. An echocardiogram/cardiac ultrasound is performed before and after the treadmill portion of the test. This entire test will take approximately one hour to complete.

To ensure the highest quality of the testing, all instructions must be followed. Failure to follow all instructions, **including arriving 15 minutes prior to the test appointment time** may cause your appointment to be rescheduled.

Preparation for the Test

- You may eat a light meal up to 2 hours prior to your test.
- Do not apply lotions, oils, or powders on the chest or stomach area on the morning of the exam.
- Wear comfortable, loose-fitting clothing. No one-piece garments or foundations (i.e., coveralls, dresses, slips, girdles, etc).
- Wear walking or athletic shoes **only**. Do not wear high heels, sandals, or flip flops.
- **24 HOURS PRIOR TO YOUR TEST, DO NOT** take drugs containing aminophylline or theophylline (ex: Theo-dur, Trental) unless your cardiologist states otherwise.
- **24 HOURS PRIOR TO YOUR TEST, DO NOT** take drugs that are beta blockers or calcium channel blockers unless your cardiologist states otherwise. If you are unsure if your medications fall into this category, please check with your pharmacist or call us to verify. A partial list follows:

Atenolol	Betaxolol	Bisoprolol	Bystolic	Cardizem	Carvedilol
Coreg	Covera	Diltiazem	Inderal	Labetolol	Levobunolol
Lopressor	Metoprolol	Nadalol	Nebivolol	Nifedipine	Propranolol
Tenormin	Tiazac	Timolol	Toprol	Verapamil	Verelan

- Bring a list of your current medications. We will need the name, dosage, and frequency of each medication. Also, if you are asthmatic, please bring your inhaler.
- Children and family members are not permitted in the room during the exam. Please arrange appropriate child care.
- **Due to COVID-19 mask covering will be required during your test**

Once your Cardiologist has reviewed your test results, the results of your test will be faxed to your Primary Care Physician. After the exam is completed, the Cardiologist will review the results with you.

The test will be performed the indicated office:

☐ Cary Office
300 Keisler Drive
Cary, NC 27518
(Check In at Suite 100)

☐ Dunn Office
145 Tilghman Drive, Suite 100
Dunn, NC 28334

☐ Fuquay-Varina Office
400 Attain Street
Fuquay-Varina, NC 27526

YOUR APPOINTMENT IS SCHEDULED FOR:

_____ at _____ am/pm
Please arrive 15 minutes prior to your scheduled appointment time.

Appointments not cancelled 24 hours prior to appointment will result in a cancellation fee. Failure to follow the above instructions may result in rescheduling your appointment. Please see No-show policy on the back of these instructions.

**Please contact our office at 919-233-0059
if you have any questions or concerns about your Exercise Stress Echo Test.**

Cary Cardiology No-Show/Cancellation Policy

Stress Echo Testing:

- Any appointment that is No-Showed for stress echo testing appointment will be charged a \$100.00 Fee.
- Cancel/Rescheduling: If you need to cancel or reschedule the appointment it must be done at least 24 hours before the appointment. Any cancellation/rescheduling that is done LESS than 24 hours before the appointment time will be charged a \$100.00