



Specialists in Prevention Diagnosis and Treatment of Adult Illness

HOW TO PREPARE FOR A STRESS ECHOCARDIOGRAM

Your Stress ECHO is set for _____, here in our office.

We ask that you follow the instructions for this test to the best of your ability, to ensure a safe and quality test.

You may have water at any time before the test.

We encourage you to eat a light breakfast, like a cup of yogurt, a glass of fruit juice or an egg and toast, up to one hour before the procedure.

****PLEASE DO NOT HAVE DECAF, CAFFEINE, ALCOHOL, OR TOBACCO PRODUCTS THE MORNING OF YOUR TEST. ****

****PLEASE DO NOT take the following medications 48 hours prior to your test UNLESS differently by your physician: ****

Beta Blockers: Atenolol, Coreg, Tenormin, Zebeta, Lopressor, Metoprolol, Toprol, Corgard, Inderal, or Propranolol, Bystolic.

Calcium Channel Blockers: Cardizem, Cartia, Diltiazem, Tiazac, Verapamil, Calan, Covera, Verelan, or Isoptin.

Nitroglycerin: Minitran, Nitropatches, Nitrostat.

Isosorbide Dinitrate: Dilatrate, Isordil.

Isosorbide Mononitrate: Imdur, Ismo, Monoket.

****All other medications for blood pressure are to be taken as usual. ****

Please wear or bring comfortable clothing and shoes to walk on the treadmill.

If you use an inhaler for breathing, please bring it to the test.

Also, we have contacted your insurance company for our prior authorization, but be sure to check with your insurance carrier for any out of pocket expense for you.

The CPT (procedure codes) for a Stress ECHO is 93351 and resting ECHO is 93306-59.

Please be aware there may be up to \$100 fee for cancelations made after 1PM the day before your test.

If you have any questions or concerns, please feel free to call our office at 303.798.9996.