



Cardiovascular Diagnostics

Preparing for Your Stress Echo/Dobutamine Stress Echo

Your stress echocardiogram has been scheduled for:

Date: _____

Time: _____

Location: _____

To help you prepare for this procedure, please follow the instructions below.

1. Do not eat 2 hours before your appointment. If you have diabetes, eat a small meal 2-3 hours before your appointment.
2. Wear comfortable clothes. The office tends to be cool, so dress accordingly. Wear comfortable walking shoes (no sandals or backless shoes, please.) Also, do not wear one-piece garments such as dresses or full slips.
3. Take all medications except the ones listed below. If you have any questions about your medications, please call our office at **(864) 455-6905**.

4. If you are on any of the following medications, stop taking them 24 hours before your appointment unless your doctor instructs you otherwise:

Acebutolol	Metoprolol
Aggrenox (48 hrs.)	Nadolol
Atenolol	Persantine
Betapace	Pindolol
Blocadren	Primatene
Bystolic	Procardia
Calan	Propranolol
Cardizem	Quibron
Carvediol	Sectral
Constant-T	Sotolol
Coreg	Tenormin
Corgard	Theophylline
Cover-HS	Tiazac
Digoxin	Toprol
Dilacor	Trandate
Diltiazem	Verapamil
Dypridamole	Verelan PM
Inderal	Visken
Labetalol	Ziac
Lopressor	Zybeta

5. **Important:** If you experience any cardiac symptoms while withholding your medication during this 24-hour period, call Carolina Cardiology at once to speak with a doctor or nurse, **(864) 455-6900**.
6. If you need to reschedule your appointment, please call the scheduling office of Carolina Cardiology **at least 24 hours in advance, (864) 455-6900**.