

## **DOCTORS OF INTERNAL MEDICINE**

5941 Dallas Parkway  
Plano, Texas 75093  
(972) 758-4455

### **STRESS ECHO INSTRUCTIONS**

**DEFINITION:** A maximal treadmill stress test designated to monitor your heart rate, blood pressure, and electrocardiogram during different stages of exercise. You will experience speed and elevation increases at the beginning of each stage change (every three minutes) until you reach your point of fatigue. You will also be closely monitored for symptoms related to exercise.

**PREPARATION:** We ask that you do not eat or drink anything two hours prior to your stress test. You may take small sips of water if you wish, but refrain from drinking anything else. Also, it is best if you do not eat a "heavy" meal within four hours prior to the test. It will be necessary to bring comfortable shoes for fast walking or jogging as well as loose, comfortable clothing. **\*NOTICE\* If you are Currently taking BETA BLOCKERS ( a few include: Toprol, Atenolol, Lopressor, Metoprolol, Sectrol, Acebutolol, Coreg, Caredilol, Betapace and Sotalol) do not take them the day of testing unless told otherwise by your doctor.**

**PLEASE NOTE:** If you are scheduled for laboratory or other tests on the same day as your stress test, please follow any directions for fasting that you have been given for such tests. If you are unable to keep your appointment as originally scheduled, please give us a **48** hour notice. There will be a **\$50.00** charge to your account for any appointment missed or cancelled in less than **24** hours.

If you have any other questions please do not hesitate to call us at (972)758-4455.

APPOINTMENT DATE: \_\_\_\_/\_\_\_\_/\_\_\_\_ TIME: \_\_\_\_\_