

INSTRUCTIONS FOR STRESS TEST (TREADMILL), STRESS ECHOES, DOBUTAMINE STRESS TEST, AND ECHOES WITH SALINE CONTRAST

NOTHING TO EAT OR DRINK AFTER 12 MIDNIGHT THE NIGHT BEFORE YOUR TEST.

NO BREAKFAST THE MORNING OF THE TEST.

IF THE TEST IS SCHEDULED IN THE AFTERNOON (after 1:00 p.m.), YOU MAY HAVE A LIGHT BREAKFAST 6 HOURS BEFORE THE TEST.

(1 piece of toast and a half of glass of juice.)

DO NOT EAT AFTER _____ A.M.

AFTER YOUR MORNING SHOWER, NO BODY CREAMS OR LOTIONS; ONLY UNDERARM DEODORANT.

WEAR TENNIS SHOES AND COMFORTABLE CLOTHING.

DO NOT TAKE YOUR DIABETES MEDICATIONS OR ANY BETA-BLOCKERS (please see attached medication list)

DATE OF TEST _____

TIME OF TEST _____

Dobutamine Stress Echo Procedure
Medications to be discontinued 24 hours prior to test

Medication

Generic Name

Blocadren	Timolol Maleate
Calan	Verapamil
Cardene	Nicardipine Hydrochloride
Cardizem	Diltiazem Hydrochloride
Cartrol	Carteolol Hydrochloride
Corgard	Nadolol
Corzide	Nadolol, Bendroflumethazide
Dilacor XR	Diltiazem
Dynacir caps	Isradipine
Inderal	Propranolol
Inderide	Propranolol with Hydrochloride
Isoptin Deal tabs	Verapamil
Isoptin SR	Verapamil
Kerlone	Betaxolo
Levatol	Penbutolol Tartrate
Lopressor	Metoprolol Tartrate
Nimotop	Nimodipine
Normodyne	Labetolol Hydrochloride
Sectral	Acebutolol
Tenoretic	Atenolol w/ Hydrochloride
Tenormin	Atenolol
Timolide	Timolol w/Hydrochloride
Toprol XL	Metoprolol
Vascor	Bepidil H
Verelan	Verapamil
Viskem	Pindolol