



**Aurora
Denver
Cardiology
Associates, P.C.**

Adult, Interventional, and
Electrophysiology

Dennis J. Battock, M.D., FACC, Emeritus
 Andrew I. Cohen, M.D., FACC, FHRS
 Thomas S. Crisman, M.D., Ph.D.
 Stephen T. Crowley, M.D., FACC
 Joan E. Eldridge, M.D., FACC
 Charles E. Fuenzalida, M.D., FACP,
 FACC, FHRS
 Clarke C. Godfrey, II, M.D., FACC
 Jerry H. Greenberg, M.D., FACC
 Richard D. Jantz, M.D., FACC
 Mark W. Keller, M.D., FACC
 Susie C. Kim, M.D.
 David Kovar, M.D., FACC, FSCAI
 Frederick C. Miller, M.D.
 Barry L. Molk, M.D., FACC
 Dilsher M. Nawaz, M.D.
 John M. Ord, M.D., Ph.D., FACC
 Nelson A. Prager, M.D., FACC, FHRS
 John A. Prevedel, M.D., FACC
 Joseph O. Rainwater, M.D., FACC
 Nampalli K. Vijay, M.D.
 Michael Wahl, M.D., FACC

Kenneth Gilmet, N.P.
 Sheila Hastings, PA-C
 Rebecca Isaacson, PA-C
 Chad Kraske, N.P.
 James Dillingham, PA-C

Aurora Office
 1444 S. Potomac, Suite 300
 Aurora, CO 80012
 (303) 750-0822
 (303) 750-1298 (fax)

Professional Plaza West
 1601 E. 19th Ave., Suite 5000
 Denver, CO 80218
 (303) 839-7100
 (303) 839-7249 (fax)

The Aspen Building at Sky Ridge
 10103 RidgeGate Pkwy., Suite 103
 Lone Tree, CO 80124
 (303) 645-0090
 (303) 645-0092 (fax)

Parker Professional Building
 9397 Crown Crest Blvd., Suite 400
 Parker, CO 80138
 (303) 840-1135
 (303) 840-1279 (fax)

www.adca.bz

Stress Echocardiogram

You have been scheduled for a stress echocardiogram. This test is used to visualize the function of the walls of the heart at peak exercise. The sonographer will obtain baseline pictures of the heart while it is at rest and shortly after, the Exercise Physiologist will ask you to step on the treadmill. You will begin walking on the treadmill and the speed and incline of the treadmill will increase every three minutes. Your heart rate and blood pressure will constantly be monitored for your safety. The exercise will stop after your heart reaches a predetermined level, your level depends on your age and sex. Immediately following the treadmill test you will quickly return to the exam bed and the sonographer will obtain your second set of images.

Preparation

1. Do **NOT** eat **2** hours prior to the test but you can have clear liquids.
2. Wear casual clothes and comfortable tennis shoes.
3. 24 hours before the test, do **NOT** have caffeine, decaffeinated coffee, tea, chocolate or soda.
4. If you are a diabetic, you may have a light breakfast without caffeine.
5. Do **NOT** smoke for at least two hours before the test.
6. Please notify the office if you have a cold, the flu, an injury, or anything that you feel may interfere with your ability to exercise. Please note your test may be re-scheduled if indicated.
7. Please do not take Beta Blocker Medications 24-48 hours prior to your test.

Beta Blocker Medications To Hold For 24 Hours

Blocadren/Timolol Brevibloc/Esmolol Cartol/Carteolol Carvedilol Corzide Corgard/Nadol Inderal/Innopran/Propranolol Kerlone/Betaxolol Levatrol/Penbutolol	Lopressor/ Metoprolol Tartrate Sectral/Acebutolol Tenoretic Timolol/Blocadren Trandate/Normodyne/Labetalol Viskin/Pindolol Zebeta/Bisoprolol Ziac
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Beta Blocker Medications To Hold For 48 Hours

Bystolic Coreg CR	Tenormin/Atenolol Toprol XL/Metoprolol Succinate
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Patients taking Betapace (Sotalol) should **NOT STOP** taking this medication. Take your usual medications at the prescribed times, unless you have been instructed to do otherwise. Bring a list of your current medications, including over the counter supplements with the name, dosage, and how often you take them.

If you have any questions regarding the test or these instructions, please call our office at 303-750-0822.