

INSTRUCTIONS FOR STRESS ECHOCARDIOGRAM: BICYCLE OR TREADMILL

Your physician has requested that you undergo a stress echocardiogram. This test combines an ultrasound of your heart (Echocardiogram) and a stress test.

Images of your heart before and during stress will be recorded and compared. In a normal heart, all areas of the heart and muscle will pump harder with exercise. Abnormal heart motion during exercise may suggest blockage of a coronary artery.

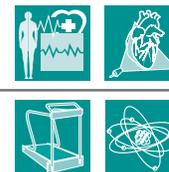
Preparation for the test:

1. Eat light.
2. No caffeine or nicotine products for 2 hours before the test.
3. Do not take the following medications for 48 hours before your test: beta blockers, and non-dihydropyridine calcium channel blockers. Refer to list on the back of this form. Please check with your doctor.
4. Bring a list of your current medications.
5. Wear comfortable clothing and running shoes.
6. Duration of test is approximately 45-60 minutes.

What will happen on the day of the test?

A technician or physician will explain the risks and benefits of the stress echocardiogram and will ask you to sign a consent form. Your skin will be prepared and electrodes will be placed on your chest. The electrodes are attached to a heart monitor, which will allow us to watch your heart rate and rhythm during the test.

You will be asked to exercise on a bicycle or treadmill. The workload will become increasingly difficult. Your heart rate and blood pressure will be monitored throughout the test. You will be encouraged to exercise for as long as possible. Ultrasound images will be taken before exercise, during exercise, if on the bicycle, and immediately after exercise.



SPECIAL REQUEST BY PHYSICIAN

In some cases, your physician will request that the Stress Echocardiogram be done with an image-enhancing product called Definity®. This request is made by the physician and is done so to obtain the best diagnostic images possible and is done with the best interest of the patient in mind.

In order to administer this product an intra-venous will be given in the hand or arm and you will exercise while you are given small doses of Definity throughout the test. This will benefit the physician afterwards when they interpret the ultrasound images. You will be given an information sheet and a consent form to sign which will outline the risk/benefit and side effects of this product.

Medication list:

Acebutolol	Digoxin	Monacor	Tenormin
Adalat	Dipyridamole	Nadolol	Theophylline
Aggrenox (24hrs)	Doxazosin	Nebivolol	Theo-Dur
Alprenolol	Felodipine	Nifedipine	Tiazac
Amlodipine	Imdur	Nitro-Bid	Timolol
Asasantine	Inderal	Nitro-Dur	Toloxin
Atasol	ISMO	Nitrol	Trandate
Atenolol	Isoptin	Nitrong	Transderm
Betaloc	Isordil	Nitropaste	Trasicor
Bisoprolol	Isosorbide Dinitrate	Norvasc	Tylenol #1
Blocadren	Isosorbide	Oxprenolol	Tylenol #2
Bystolic	Mononitrate	Persantine	Tylenol #3
Caduet	Labetolol	Pindolol	Tylenol ultra
Cardizem	Lanoxin	Plendil	Twynsta
Cardura	Levitra	Propranolol	Uniphyl
Carvedilol	Linsotalol	Renedil	Verapamil
Chronovera	Lopressor	Rhotral	Viagra
Cialis	Metoprolol	Sectral	Viskazide
Coreg	Midol extra strength	Sotacor	Visken
Corgard	Minitran	Sotalol	
Diltiazem	Monitan	Tenolin	