

Dignity Health Medical Group – Golden Empire Cardiology

STRESS TESTING/STRESS ECHOCARDIOGRAM INSTRUCTIONS

SPECIAL INSTRUCTIONS TO PATIENT

- Bring appropriate attire for walking quickly or running.
- Please hold the following medications 48 hours prior to the scheduled test: **TENORMIN, ATENOLOL, LOPRESSOR, METOPROLOL, KERLONE, BETAPACE, SECTRAL, COREG, CARVEDILOL, INDERAL, PROPRANOLOL, TOPROL, BYSTOLIC AND BISOPROLOL. PLEASE HOLD ALL BETA BLOCKERS.**
- Questions regarding your medications, please call the office at 661-321-3161.
- Please wear no perfume or cologne. Please refrain from putting lotion or powder to the chest area.
- Please arrive 15 minutes early to your appointment to complete necessary paperwork.