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STRESS ECHOCARDIOGRAM

Please follow these instructions carefully to help us obtain accurate results and ensure your stress echocardiogram is performed safely.

- Do not consume caffeine on the day of your test. This includes coffee, tea, energy drinks, soda, and other caffeinated beverages.
- Please do not smoke or use tobacco products before your appointment.
- Wear comfortable clothing and walking or athletic shoes, as you will be exercising on a treadmill.
- Do not apply lotion, oil, cream, or other skin products to your chest on the day of your test. These products can interfere with the adhesive electrodes used to monitor your heart.
- Please allow approximately 1 hour for your stress echocardiogram.
- Please arrive on time for your scheduled appointment.

IMPORTANT: BETA BLOCKER MEDICATIONS

DO NOT TAKE ANY BETA BLOCKERS 24 HOURS PRIOR TO YOUR EXAM.

This includes the following: BISOPROLOL, BYSTOLIC, NEVIOLOL, ATENOLOL, PROPRANOLOL, INDERAL, METOPROLOL, CARVEDILOL, COREG OR LABETOLOL

If you are unsure whether one of your medications is a beta blocker, please contact our office before your appointment.

Do not stop any medication unless you have been specifically instructed to do so by your cardiologist or our office.

