



ROUTINE / STRESS ECHOCARDIOGRAM

What is an Echocardiogram?

An echocardiogram (or “echo”) is a noninvasive ultrasound of the heart. It uses high-frequency sound waves to generate real-time, moving images of your heart's structure and pumping ability. This allows doctors to visualize your heart chambers, valves, and blood flow to diagnose and monitor heart conditions.

Before Your Test:

If you are unable to make your scheduled appointment, please call our office by 3:00 p.m. the day prior to your test. If you do not show up for your test or follow the following instructions, this will result in a charge of \$100.00 to you.

- Please call our office prior to your appointment if there is any chance that you are pregnant or if are nursing.
- **DO NOT TAKE** the following medications 48 hours prior to your appointment: Carvedilol, Coreg, Coreg CR Atenolol, Tenormin, Tenoretic, Labetolol, Trandate-Normodyne, Metoprolol, Lopressor, Toprol XL, Nadalol, Corgard, Propanalol, Inderal, Bisoprolol, Bystolic, Dutoprol, Ziac, Cardizem and Diltiazem.
- Please arrive at least 15 minutes before your appointment time. (8:00 a.m. appointments please arrive at 8:00 a.m.)
- Wear comfortable 2-piece clothing and shoes (preferably slacks and tennis shoes or other closed toe and low heel shoes). No sandals, slides, clogs, work boots, cowboy boots and no slip-ons such as “Hey Dudes”.
- Please bring a list of your medications, or your medications, with you on the day of your test.

The test will take approximately 1 hour to complete. Friends or family are not permitted to come into the testing area due to our privacy policy.

The test results will be communicated to you by your physician.

Should you have any questions, please call the office at 804-800-6600