



Instructions For Exercise Stress Echocardiogram

**Test Locations: 168 N Brent St, STE 503
Ventura, CA 93003
Phone (805) 653-0101**

**1701 Solar Drive, STE 150
Oxnard, CA 93030
Phone (805) 278-4020**

1. **4 hours prior to your test time**, no heavy meal. You may have a light meal such as toast or yogurt. If you drink coffee or tea is okay to have with your light meal.
2. Please wear sneakers or rubber sole shoes for the treadmill.
3. Please wear or bring comfortable clothes that allow for exercise. Women separate top and bottom.
4. Please do not apply any skin creams, lotions or powders to your chest area on the day of your test.
5. **Please do not take your Beta Blocker or Calcium Channel Blocker the day before or morning of your test.**

BETA BLOCKERS INCLUDE:

Lopressor, Toprol-XL (Metoprolol)

Coreg (Carvedilol)

Tenormin (Atenolol)

Normodyne, Trandate (Labetalol)

Inderal (Propranolol)

Zebeta (Bisoprolol)

CALCIUM CHANNEL BLOCKERS INCLUDE:

Cardizem (Diltiazem)

Verapamil

****If you are unable to walk quickly on a treadmill (i.e., you use a cane), please call the office to ensure you can proceed with the test.***

***If you have any questions please call our office at (805) 653-0101 or (805) 278-4020.**