



## Instructions For Exercise Stress Echocardiogram Test Locations

### Ventura

100 North Brent Street, Third Floor  
Ventura, California 93003  
Tel: (805) 653-0101

### Oxnard

1701 Solar Drive, Suite 150  
Oxnard, California 93030  
Tel: (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. Coffee or tea is okay to drink.
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. **If you are on a blood pressure medication, please contact our office for instructions.**

***\*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.***