

Your doctor has requested for you to have a cardiac stress test – a diagnostic exam to evaluate the function and blood supply to your heart. During the stress test, you will be monitored closely including your blood pressure, pulse, oxygenation and electrocardiogram (ECG). An Echocardiogram (ECHO) may also be done to show the size, structure, movement, and various parts of your heart.

**PLEASE CALL (913) 322-7408 TO SCHEDULE YOUR APPOINTMENT IF ONE HAS NOT ALREADY BEEN MADE FOR YOU.**

The following instructions will be required to obtain an accurate stress test.

- No Food 4 hours prior to the test.
  - You may have juice, milk, or water up to 1 hour prior to the test. You may bring a snack and drink to have after your test is completed.
- Take all of your regular medicine the day of the test EXCEPT for the following UNLESS indicated by the doctor at your visit.
  - Blood Pressure Medications that are Beta Blockers (call and ask if not sure):
    - **Some examples of common beta blockers include:**

Lopressor (metoprolol) Bystolic (nebivolol) Blocadren (timolol)	Inderal (propranolol) Betapace (sotalol) Zebeta (bisoprolol)	Tenormin (atenolol) Sectral (acebutolol) Corgard (nadolol)
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- Bring your medication with you.
  - If you use an **inhaler**, please bring it with you.
  - If you are a **diabetic**, bring your glucometer machine and supplies.
- Wear comfortable walking clothes and shoes.
- If you CANNOT complete the stress test on the Treadmill, an IV will be started in your arm and a chemical (dobutamine) will be given intravenously to increase your heart rate. You will be required to stay at least 30 minutes after your test to be monitored for any side effects.
- If you are having an ECHO done, a contrast enhancement called Definity, may be needed to visualize the chambers of your heart in order to get a good study. An IV will be started in your arm and the contrast will be given. You will be required to stay at least 30 minutes after your test to be monitored for any side effects.
- You will need to arrive 15-30 minutes prior to your scheduled test time to complete paperwork.
- **If you CANNOT make your appointment, please call us at least the day before your scheduled test to CANCEL and/or RESCHEDULE. OUR Phone Number is: (913) 322-7408.**
- Our Address is: 11217 Lakeview Ave., Lenexa, KS 66219, 913-322-7408

**POSSIBLE RISKS ASSOCIATED WITH CARDIAC STRESS TESTS:**

- There are always risks when having a Cardiac Stress Test. Please read the Consent form on the day of your test.