

**MANSHADI HEART INSTITUTE
RAMIN MANSHADI, MD FACC FSCAI FAHA
2633 PACIFIC AVE
STOCKTON CA 95204
209-944-5530
www.drmanshadi.com**

INSTRUCTIONS FOR A TREADMILL STRESS TEST or ECHO STRESS TEST

PATIENT: _____

- NOTHING STRENUOUS THE DAY OF THE TEST OR THE DAY BEFORE THE TEST
- DO NOT HAVE A HEAVY MEAL THE DAY OF THE TEST
- DO NOT WEAR SKIRTS OR DRESSES, WEAR COMFORTABLE CLOTHES AND WALKING OR RUNNING SHOES
- **YOU WILL BE WALKING ON THE TREADMILL**
- IF YOU HAPPEN TO GET SICK, PLEASE CALL 24 - 48 HOURS IN ADVANCE TO RESCHEDULE
- PLEASE TAKE A BATH OR SHOWER THE DAY OF THE TEST SO THAT THE ELECTRODES CAN ADHERE TO THE SKIN SURFACE PROPERLY
- DO NOT PUT ANY LOTION OR POWDER ON YOUR SKIN

MEDICATIONS:

IF YOU ARE ON: **SORBITRATE, ISMO, IMDUR, ISORDIL, ISOSORBIDE, MONOKET**, PLEASE STOP TAKING IT 6 HOURS BEFORE THE TEST

IF YOU ARE ON ANY **beta blockers** such as: **COREG, CARVEDILOL, INDERAL, PROPRANOLOL, BLOCADREN, CORGARD, KERLONE, LOPRESSOR, METOPROLOL, TOPROL XL,, NORMODYNE, VISKEN, TENORMIN, ATENOLOL, BYSTOLIC, TRANDATE/LABETALOL, TIMOLOL, ZEBETA/ZIAC/ BISOPROLOL/PINDOLOL** YOU WILL NEED TO STOP THE MEDICATION 24 HOURS BEFORE THE TEST APPOINTMENT.

YOUR APPOINTMENT IS SCHEDULED

FOR: _____ **AT** _____ **AM/PM**

PLEASE BRING A COMPLETE LIST OF ALL YOUR MEDICATIONS OR BRING THEM WITH YOU.

REMINDER: WE HAVE A "NO SHOW" FEE OF \$50 FOR THIS APPOINTMENT