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**STRESS ECHO PROTOCOL**

1. No smoking day of test
2. Wear comfortable clothing and shoes as you will be walking on the treadmill. (no flip-flops)
3. Go to bathroom before test
4. DO NOT eat or drink anything except water for three hours before the test.
5. **DO NOT TAKE ANY**  beta blockers, calcium channel blockers or any medication that affects the heart rate 24 hours prior to test.

 The following are some medications:

 **Acebutolol (Sectral) Labetalol**

 **Atenolol (Tenormin) Lopressor**

 **Bystolic (Nebivolol) Metoprolol (Lopressor) (Toprol XL)**

 **Calan Propranolol (Inderal)**

 **Cardizem Sectral**

 **Cartia Tenormin**

 **Coreg Tiazac**

 **Digoxin (Lanoxin) (Digitek) Toprol XL**

 **Diltiazem (Cardizem) (Tiazac) Verapamil (Blocadren)**

 **Inderal Ziac**

The test takes approximately 45 minutes. After the cardiologist reviews your test, the results will go into your electronic medical record. Your physician will have access to the results and will discuss them with you within 5-10 business days.