

Cardiovascular Specialists of Frederick, LLC

180 Thomas Johnson Drive, Suite 202
Frederick, MD 21702

184 Thomas Johnson Drive, Suite 204
Frederick, MD 21702

Phone: 301-631-6877

Fax: 240-566-7820 or 301-631-1620

Edward P. Riuli, M.D., F.A.C.C.
Aimee Park, M.D., F.A.C.C.

John A. Vitarello, M.D., F.A.C.C.
Anwar Malik, M.D., F.A.C.C.

Nirmal K. Shah, M.D., F.A.C.C.
Sumit Duggal, M.D., F.A.C.C., R.P.V.I.

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)

Atenolol (Tenormin)

Bystolic (Nebivolol)

Calan

Cardizem

Cartia

Coreg

Digoxin (Lanoxin) (Digitek)

Diltiazem (Cardizem) (Tiazac)

Inderal

Labetalol

Lopressor

Metoprolol (Lopressor) (Toprol XL)

Propranolol (Inderal)

Sectral

Tenormin

Tiazac

Toprol XL

Verapamil (Blocadren)

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.