



Dr. Alkotob Dr. Abed Dr. Issawi

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Unit 1

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Testing Preparations

Echocardiograms and Stress Echocardiograms:

1. Echo-No smoking day of the test
2. Stress Echo- No smoking day of the test. No beta blockers 24 hours before the exam, bring your beta blockers, bring a current list of your medications and wear comfortable shoes/clothing.

Cardiac Nuclear Stress Testing:

1. No caffeine or decaffeinated products 24 hours prior to the test. This includes: soda, coffee, tea, chocolate and medications that contain caffeine.
2. NPO (nothing by mouth) and stop smoking 2 hours prior to test. However water is allowed.
3. Stop any beta blockers 24 hours prior to the test.
4. Bring a current list of medications. Bring any beta blockers, insulin and glucose meter in case needed.
5. Wear comfortable shoes and clothing.
6. Please expect to be here from anywhere 2-4 hours. We encourage you to bring a light snack and something to drink, just keep in mind the no caffeine.

***If for some reason you no show or not follow the preparation for testing there will be a \$200 fee charged to you. The medication that is used for the cardiac testing is specific to your height and weight.**