

Cardiology Associates of Sussex County
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STRESS ECHO

Patient's name:

- Your stress echo is scheduled for _____.
- Allow 1-2 hours for the completion of the test.
- No caffeinated or decaffeinated products for 2 hours prior.
- No smoking for 1 hour prior.
- You should not eat for 3-4 hours before the test. If you are on a beta blocker, do not take this prior to the test, but bring it with you to take after the test. Ask your doctor if you should take your usual medications.
- Wear loose, comfortable clothing and footwear (ie: sweatsuit, sneakers, or rubber soled shoes). A short sleeved shirt is preferable. Women will be instructed to disrobe from the waist up, and will be given a gown to wear for the test.