

# **The Medical Group of New Jersey**

## **Sussex Cardiology**

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## **STRESS ECHO**

Patient Name: \_\_\_\_\_

1. Appointment Date: \_\_\_\_\_ Time: \_\_\_\_\_

2. Please arrive at the front desk 10-15 minutes prior to the start of your test.

3. Please allow approximately 1 hour for completion of the test.

4. **DO NOT EAT OR DRINK** 2-3 hours prior to the test – this includes decaffeinated and caffeinated products. You may have a small amount of water if needed.

5. **DO NOT SMOKE** 1 hour prior to the test.

6. 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. Please ask the front-end staff if you have any questions.

7. Wear loose, comfortable clothing and footwear (i.e.: sweat suit, sneakers, or rubber-soled shoes). A short-sleeve shirt is preferable.