

LGH MERRIMACK VALLEY CARDIOLOGY ASSOCIATES, LLC

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STRESS TEST / STRESS ECHO

EXERCISE TOLERANCE STRESS TEST / StressEcho PATIENT PREPARATION / INSTRUCTION SHEET

Please report to: Merrimack Valley Cardiology Office
14 Research Place, 3rd floor
North Chelmsford, MA 01863

Please review and follow the instructions below:

- Wear comfortable clothing and walking shoes (preferably sneakers).
- Keep meals light on the day of test; eating 2 - 3 hours before scheduled appointment.
- **NO SMOKING, NO CAFFEINE** for 3 hours before test, also **NO DECAFFEINATED** products.
- Male patients, small areas of the chest may need to be shaved to ensure proper adhesion of the leads.
- Do not use body or moisturizing lotion on the upper torso, you can use deodorant.
- Hold beta blockers 24 hours before test. (examples: Atenolol, Betapace, Coreg, Corgard, Inderal, Labetolol, Lopressor, Metoprolol, Nadolol, Propranolol, Sotalol, Tenormin, Toprol XL.) (Bring with you to take following the test).

*If you have any questions or concerns,
please feel free to call our office at any time at (978) 256-6607.*

*Stress Testing · Echo and Nuclear Stress Testing · Echocardiography · Cardiac CT · Event Monitoring · Holter Monitoring
Pacemaker and Defibrillator Insertion and Management · Cardiac Catheterization · Angioplasty · Interventional Cardiology
Peripheral Vascular Interventions · Carotid and Peripheral Vascular Ultrasonography · Electrophysiology Evaluation and Therapy*

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