



## Palatine Heart Center

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### Exercise Stress Echocardiogram

- Please allow 60-90 minutes to complete the test**
- No caffeine or nicotine for 12 hours prior to the test.** This includes all types of coffee, tea, hot chocolate and soft drinks (even if they are “caffeine free”). You must also avoid all foods that contain chocolate. In addition, you must discontinue all over the counter medications that contain caffeine such as Excedrin or No Doz, as well as prescription medications such as Cafergot, Fiorinal, Norgesic or Wilgraine
- Sometimes medications (beta blockers, calcium channel blockers and nitrates) are held for this test, please contact the office for specific instructions**
- You may have a light meal the day of the test, nothing too heavy 2 hours prior to testing as you will be exercising**
- If you have asthma, please bring your albuterol inhaler with you the day of the test**
- Please wear or bring comfortable clothing and good walking shoes**
- Do not apply any creams or powders to your chest the day of the test**
- Please bring an updated list of all medications** (with the name of the medication and the dosage)