



Aurora Denver Cardiology Associates

1444 S. Potomac St.
Suite 300
Aurora, CO 80012
P) 303-750-0822
F) 303-750-1298

1601 E. 19th Ave.
Suite 5000
Denver, CO 80218
P) 303-839-7100
F) 303-839-7249

10103 Ridge Gate Pkwy.
Suite 103
Lone Tree, CO 80124
P) 303-645-0090
F) 303-645-0092

14100 E. Arapahoe Road
Suite 130
Centennial, CO 80112
P) 303-341-5751
F) 303-341-2618

Treadmill/Stress Echocardiogram

You have been scheduled for a stress echocardiogram or treadmill. This test is used to visualize the function of the walls of the heart at peak exercise. The sonographer will obtain baseline pictures of the heart while it is at rest and shortly after, the Exercise Physiologist will ask you to step on the treadmill. You will begin walking on the treadmill and the speed and incline of the treadmill will increase every three minutes. Your heart rate and blood pressure will constantly be monitored for your safety. The exercise will stop after your heart reaches a predetermined level, your level depends on your age and sex. Immediately following the treadmill test you will quickly return to the exam bed and the sonographer will obtain your second set of images.

Preparation

1. Do **NOT** eat 2 hours prior to the test due to the fact you will be exercising during your test. Please be well hydrated prior to your test.
2. Wear casual clothes and comfortable tennis shoes.
3. Refrain from using any lotions or oils on your upper chest the day of test.
4. 24 hours before the test, do **NOT** have caffeine, decaffeinated coffee, tea, chocolate or soda.
5. If you are a diabetic, you may have a light meal prior to your test without caffeine.
6. Do **NOT** smoke for at least 2 hours before the test.
7. Please notify the office if you have a cold, the flu, an injury, or anything that you feel may interfere with your ability to exercise. Please note your test may be re-scheduled if indicated.
8. Please do **NOT** take Beta Blocker Medications 24-48 hours prior to your test, unless instructed otherwise by your physician.

Beta Blocker Medications To Hold For 24 Hours

Blocadren / Timolol	Lopressor / Metoprolol Tartrate
Brevibloc / Esmolol	Sectral / Acebutolol
Cartol / Carteolol	Tenoretic
Carvedilol	Timolo / Blocadren
Corzide	Trandate / Normodyne / Labetalol
Corgard / Nadol	Viskin / Pindolol
Inderal / Innopran / Propanolol	Zebeta / Bisoprolol
Kerlone / Betaxolol	Zian
Levatrol / Penbutolol	

Beta Blocker Medications To Hold For 48 Hours

Bystolic	Tenormin / Atenolol
Coreg CR	Toprol XL / Metoprolol Succinate

Patients taking Betapace (Sotalol) should **NOT STOP** taking this medication.

Take your usual medications at the prescribed times, unless you have been instructed to do otherwise. Bring a list of your current medications, including over the counter supplements with the name, dosage, and how often you take them.

If you have any questions regarding the test or these instructions, please call our office at 303-750-0822.