

Stress Echocardiograms at AIM

You have been scheduled for a stress echo at Albany Internal Medicine, 2402 Osler Court, Albany, GA 31707. If you have any questions please call (229) 438-3300.

What is a Stress Echocardiogram?

A stress echocardiogram, sometimes referred to as a stress echo, is a procedure that determines how well your heart and blood vessels are working. During this test, you will exercise on a treadmill while your blood pressure and heart rhythm are monitored. An ultrasound tech will then take ultrasound images of your heart to determine your cardiovascular health.

Please follow the below instructions carefully in order to have a successful test.

What to Wear

- Wear comfortable clothes that you would wear to exercise.
- Do not wear any one-piece undergarments or pantyhose.
- Wear comfortable walking shoes, not dress shoes, high heels, or flip-flops.
- Males will be shirtless and females will be provided a paper gown during the test.

Medications

- DO NOT take any of the following meds within 24 hours of your test
 - Tenormin (Atenolol)
 - Coreg or Coreg CR (Carvedilol)
 - Lopressor (Metoprolol)
 - Torol XL (Metoprolol XL)
 - Corgard (Nadolol)
 - Inderal or Inderal LA (Propranolol)
 - Zebeta (Bisoprolol)
 - Ziac (Bisoprolol – HCT)
 - Betapace or Betapace AF (Sotalol)
 - Visken (Pindolol)
 - Sectral (Acebutolol)
 - Trandate (Labetolol)
 - Cardizem (Diltiazem)

Food and Drink

- You may eat on the day of your test, but refrain from drinking caffeine drinks, such as coffee, tea, or soft drinks 12 hours ahead of your test.
- DO NOT smoke on the day of your test.

Please notify us 48 hours in advance if you need to cancel your appointment 229-438-3300.