



Stress Echocardiogram

Date: _____ **Time:** _____

Place: _____

Your Stress Echocardiogram is performed at the Cardiovascular Diagnostic Center and is available at both campuses of Centro Médico ABC: Observatorio and Santa Fe

Recommendations for the Day of Your Study:

- Please arrive **15 minutes** before your scheduled appointment time with your **medical prescription/order**.
- Please come accompanied on the day of your study.
- Do not eat or drink anything for at least 6 hours before the study.
- Avoid caffeine for 24 hours prior to the study. This includes coffee, tea, energy drinks, and certain medications containing caffeine.
- Do not smoke on the day of the study, including the use of nicotine patches.
- Please arrive showered and avoid applying cream, lotion, powder, and/or perfume on the chest area.
- It is recommended to wear comfortable two-piece clothing that is easy to remove for electrode placement on the chest, as well as tennis shoes or comfortable footwear.
- If you are taking any medication, especially beta blockers, please contact your physician at least 24 hours before the study to confirm whether it should be temporarily discontinued.
- If you have diabetes, please consult your physician before the study to determine whether any special instructions regarding your medications are necessary.

For questions, preparation instructions, or additional information regarding your Stress Echocardiogram, **please contact the Cardiovascular Diagnostic Center directly.**

Cardiovascular Center

Monday to Friday **Saturdays and holidays**
7:00 A.M. to 8:00 P.M. 7:00 A.M. to 2:00 P.M.

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