



1101 East High St., Upper Level  
Charlottesville, VA 22902  
(434) 296-9596

### **Instructions for Exercise Stress Test & Stress Echocardiography**

Dear Patient:

Your stress test has been scheduled at Martha Jefferson Hospital (5<sup>th</sup> floor) on \_\_\_\_\_ at \_\_\_\_\_.

You will need to arrive 30 minutes early. You do not need to register on the main floor, go straight to the Cardiology Department on the fifth floor (by the visitors' elevator).

Please remember:

- ♥ Please wear comfortable shoes and clothes.
- ♥ No caffeine 24 hours prior to the test, which includes chocolate, coffee or caffeinated teas.
- ♥ You should not have anything to eat or drink 2 hours prior to the testing, however you may have small sips of water if necessary.
- ♥ If you take Beta Blockers (Atenolol, Tenormin, Metoprolol, Toprol, Propranolol or Inderal) do not take them the morning of the test. You may take your other blood pressure medications as prescribed.
- ♥ Continue taking antiarrhythmic drugs if currently prescribed. Examples are Quinidine, Procainamide, Propafenone (Rythmol), Sotalol (Betapace), Mexitil, Amiodarone (Cordarone or Pacerone), or Dofetilide (Tikosyn).
- ♥ Please bring your medication list along with you.

Please call the office at 296-9596 or call Cardiology at Martha Jefferson at 982-7195 if you have questions.

Christina M. Bove, M.D.