



## **STRESS ECHO INSTRUCTIONS**

- AETNA & EMPIRE BCBS patients require pre-authorization before we can book an appointment.
- Please arrive ten minutes prior to your appointment.
- Beta blockers (blood pressure medications) should be held for 48 hours (Toprol, Metoprolol, Bystolic, Lopressor, Carvedilol (Coreg) or Propranolol) prior to procedure unless otherwise instructed. Please consult with your Primary Care Provider for more restrictions.
- Patients do not need to fast for a stress echo exam, but should avoid a heavy meal before.
- Please wear exercise clothes and sneakers- you will be on a treadmill.
- Please do not wear body lotions or oils for this test. No deodorant for stress and regular echo exams.
- Notice of cancellation is required twelve (12) hours prior to appointment or a cancellation/no show fee of \$200 will be applied to your account. There is a cancellation line available after normal business hours. Please do not leave cancellation information with the answering service.

## **ECHOCARDIOGRAM INSTRUCTIONS**

- Please do not wear deodorant at the time of this exam.
- Blue Cross Blue Shield Insurance requires pre-authorization for this exam.
- Notice of cancellation is required twelve hours (12) prior to your appointment or a cancellation/no show fee of \$150.00 will be applied to your account. There is a cancellation line available after normal business hours. Please do not leave cancellation information with the answering service.