

## CARDIAC DIAGNOSTIC CENTER AT THE MISSOURI HEART CENTER Exercise Stress Echo PREPARATION FOR YOUR TEST

- 1. Hold Beta Blockers and Nitrates for 24 hours before the test.
- 2. Wear comfortable shorts or pants and walking/tennis shoes.
- 3. Light breakfast acceptable (ie; tea and toast).
- 4. Morning medications okay with sip of water.
- 5. Bring list of medications to appointment.