

# Echo Stress Test

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## Patient Instructions

1. Please eat a light meal two hours before your scheduled stress testing appointment time. Clear liquids are permitted up to one hour before the test and you may bring bottled water.
2. Wear gym shoes and loose fitting clothes suitable for walking or cycling
3. No intense exercise on the day of the test
4. **If patient uses an inhaler, please be sure to bring your inhaler for the test**
5. Continue medications as prescribed by your physician. Provide a list of current medications and dosage schedules to the Exercise Lab Personnel.
6. If the patient develops a cold, fever or other signs of an active illness within one week of the test, please reschedule (404-785-6476)