



MILTON CARDIAC CARE

2800 High Point Dr Suite 216
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Patient Preparation

Exercise Stress Test/ Exercise Stress Echocardiogram

- Light breakfast/lunch
- Well hydrated
- Running/walking shoes, loose 2-piece outfit, no body lotion
- Bring current medications list and check with your physician regarding discontinuation of any related medications such as beta-blockers (Bisoprolol, Metoprolol etc.)
- Test Duration: 30 - 60 minutes

Echocardiogram

- No preparation required
- Test Duration: 30-45 minutes

Holter Monitor

- Loose 2-piece outfit, no body lotion
- Bring current medication list
- Equipment needs to be returned at end of monitoring period
- Test Duration: 15-30 minutes (including baseline ECG)

Ambulatory Blood Pressure Monitor

- Loose 2-piece outfit
- Equipment needs to be returned at the end of monitoring period
- Test Duration: 15-30 minutes

ECG (Walk In)

- No preparation required
- Test Duration: 15 minutes

****Please bring a copy of your updated medication list to your appointment****