



Kern Cardiology Medical Group - Since 1978

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Instruction for Treadmill, Holter, Echo, & Ultrasound tests

TIME

Treadmill Test

DATE

If your test is early in the morning, you may have a light breakfast. If in the afternoon you may have a light lunch. **No caffeine!** (Water is fine). **DO NOT TAKE BLOOD PRESSURE MEDICATION** the day of your test. Some medications will prevent the heart rate from going up and may change the results of the stress test.

TIME

Holter Monitor Test

DATE

1. Please do **NOT** wear any creams, lotions, oil, or powders on your chest area.
2. If you do not have other tests at the same appointment, patients can generally resume usual activities and diet following the test. Otherwise, you should follow the instructions for other tests.

TIME

Stress Echo Test

DATE

1. Patients should **NOT TAKE BLOOD PRESSURE MEDICATION** the day of your test, **NO caffeine** and do not smoke for 4 hours before stress echocardiography. You may have a light breakfast and/or lunch.
2. Patients should refrain from applying lotions, oils, or powder on your chest area because these substances can interfere with a conductive gel used as well as electrocardiography electrodes.

TIME

Echo/Carotid Ultrasound Test

DATE

There is no restriction of food or liquid before the echo/carotid ultrasound is performed. The physician will provide any special instructions regarding medications, as appropriate. Patients can resume normal activities following a echo/carotid ultrasound.

What should I WEAR for the tests?

For all the tests, please wear loose comfortable clothing and shoes. For Treadmill Test, you need to wear comfortable walking shoes because may be walking at a fast pace and up a small incline.

Please remember we charge \$50 for test appointments not kept, cancelled or rescheduled 24 hours prior to your appointment time and rescheduling fees will need to be paid before we can reschedule.

****** Should you have any questions, please feel free to contact our office at 661-327-0807 or visit our web @ <http://www.kerncardiology.com> .***

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