

Test Preparation Guide

Visit our website www.qldcardiology.com.au for further information

Test	Preparation
Exercise Stress Echocardiogram, Dobutamine Stress Echocardiogram Exercise Stress Test	3 hours complete fast No smoking for 3 hours prior Wear comfortable clothing and footwear. (Please advise if you are diabetic)
Holter Monitor or Blood Pressure Monitor	Shower before the monitor goes on. No shower once the monitor is fitted.
Head up Tilt Test	3 hours complete fast Wear comfortable clothing. You cannot drive after this test and will require an escort home.

