

## **Instructions for Echocardiography/Vascular**

**ECHO:** No specific restrictions for the echo test. We request that you do not use powders or lotions the day of the test.

**STRESS ECHO:** Wear exercise clothing. Patients are encouraged to eat only a light breakfast for the Stress Echo Test. Take blood pressure medications the morning of your scheduled test unless specifically instructed otherwise.

**VACULAR:** If you are schedule for an Abdominal Aorta Duplex, do not eat or drink anything six hours prior to the scheduled test.