



**Please bring ALL of your medications (in their original containers) to your appointment**

## Loop & Holter Monitor

These monitors record your heart's electrical activity, over a specified period of time, in order to detect abnormal heart rhythms.

- Your technician will show you how to remove the monitor prior to showering. Please Note: You cannot shower while wearing these monitors.
- Do not apply lotion, perfume or powder to the chest area prior to appointment.

## Stress Echocardiogram (Exercise Stress Echo)

This test uses sound waves (ultrasound) to create pictures of your heart after exercising on a treadmill. Time: approximately 30 - 45 minutes.

- Eat a light breakfast or lunch only. Please do not eat a large meal.
- Wear comfortable clothing (2 piece outfit) and running shoes.
- Please consult with your ordering physician about holding your heart medications prior to testing.

## Electrocardiogram (ECG)

This test checks how your heart is functioning by measuring its' electrical activity. Time: approximately 15 minutes.

- Do not apply lotion, perfume or powder to the chest area prior to appointment.

## Echocardiogram (Echo)

This test uses sound waves (ultrasound) to create pictures of your heart. Time: approximately 30 - 45 minutes.

- Do not apply lotion, perfume or powder to the chest area prior to appointment.

## Blood Pressure Monitor

This small wearable monitor, worn for 24 hours, continuously checks your blood pressure.

- You cannot shower while wearing this monitor.