Treadmill and Stress Echocardiogram Instructions

Test date(s): ____________________________
Day(s): ____________________________
Check-in time: _____________ a.m./p.m.
Appointment time: _____________ a.m./p.m.
This appointment time has been reserved especially for you. If you need to cancel for any reason, kindly provide us with 24 hours notice by calling 206-320-3202.

are monitored and blood pressure measured throughout stages of the test just as discussed above. However, there is no heart imaging involved. If you have a recent hip, knee or foot injury or use a cane to walk or use a wheelchair, this is probably not the appropriate test for you. Please call the department at 206-320-5353 if you have questions or concerns about the test.

PATIENT INSTRUCTIONS

☑ Do not eat anything for 3 hours before the test. Water is permitted and encouraged.
☑ People with diabetes may have toast and juice before the test if needed.
☑ DO NOT smoke 3 hours before the test.
☑ Do not drink caffeine 4 hours before the test (this includes decaffeinated beverages).
☑ Wear a loose fitting 2-piece outfit, suitable for safely walking on a treadmill. Shoes must be flat, sturdy walking/running shoes. Please no sandals, heeled shoes or slides.
☑ For best results, please do not “work-out” or exercise for at least 12 hours before testing.
☑ Do not wear lotions, oils, sprays such as tanning sprays, perfumes or powders as this will interfere with the test.
☑ Young children (under age 18) are not permitted in the testing area. Please arrange for childcare before your appointment.

MEDICATIONS

☑ If you take a Beta-Blocker (such as Atenolol, Tenormin, Lopressor, Toprol, Coreg) or Nitrates (such as Nitro patch, Isosorbide, Isordil) please:
   □ Take as usual
   □ Do not take before test
   □ Other instructions: ____________________________

Please consult your provider or clinical staff if you have questions regarding your medications.
DRIVING DIRECTIONS

From the south
Take I-5 northbound to the James Street Exit (164). Turn right (east) on James Street. James Street will become Cherry Street. Turn right (south) on 18th Avenue. Turn right on Jefferson Street (west). Turn right into the main entrance (north).

From the North
Take I-5 southbound to the James Street Exit (165A). Turn left (east) on James Street. James will become Cherry Street. Turn right (south) on 18th Avenue. Turn right on Jefferson Street (west). Turn right into the main entrance (north).

PARKING
Short-term parking is available in the Plaza Garage. Enter from the main driveway.

Long-term parking is available in the 16th Avenue Garage, on 16th Avenue. From the main entrance of the hospital, turn right on Jefferson Street (west). Turn right on 16th Avenue (north). The garage entrance is up the block on the left.

Parking validation is not available.

BUS INFORMATION
The following web site provides information regarding bus routes to the Cherry Hill campus:
http://tripplanner.kingcounty.gov/cgi-bin/itin_page.pl?resptype=U.

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ATENCION: Si habla español, tiene a su disposición servicios gratuitos de asistencia lingüistica. Llame al 888-311-9127 (TTY 711)

注意：如果您講中文，我們可以服務提供免費中文翻譯服務，請電話 888-311-9127 (TTY 711)