

# Cardiac Stress Test – Treadmill Stress Echocardiogram Instructions

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## Diablo Service Area EKG Department

1. Do not eat food for 2 hours prior to the test. You may have clear liquids up to 1 hour prior to the test. Clear liquids include water, apple juice, or tea.

If you are diabetic, you can take your diabetic medications as usual but you **MUST** eat 2 hours before the treadmill test. If you are not planning on eating before the treadmill test, please talk to your physician about either holding or reducing your diabetic medications.

2. If you are taking the following medications: Digoxin, Verapamil, Diltiazem, Atenolol/Tenormin, Metoprolol/Lopressor, Coreg/Carvedilol, bisoprolol, Propranolol/Inderal or Isosorbide Mononitrate/Dinitrate. Do not take these medications the day before or the day of your test unless your doctor instructs you otherwise.
3. Do not apply oils, creams, or lotions, scented products, cologne, or perfume on the day of the test.
4. Wear comfortable athletic shoes or walking shoes with closed heels. Wear comfortable clothes, for example, T-shirts and shorts. No one-piece jumpsuits.
5. If this test is for pre-employment, government licensing, for example, FAA License, life insurance, or surgeries and procedures not covered by Kaiser Permanente there may be a fee. You may also be charged a fee depending on coverage benefits.
6. If you have asthma, please bring your medications, inhalers, and spacer.
7. Please arrive 30 minutes before your appointment.
8. Do not bring children with you to your appointment.
9. If you think you will be thirsty/hungry after the test, please bring water and a snack.

**If you are unable to keep your appointment, please let us know as soon as possible by calling the facility where your test is scheduled:**

**Antioch Sand Creek (925) 813-3818**

**Walnut Creek (925) 295-4762**

**Directions to Kaiser Permanente Antioch Medical Center, Sand Creek Building**

Cardiology, 4<sup>th</sup> Floor, 4501 Sand Creek Road, Antioch, CA 94531

Get customized directions from [Google Maps](#)

Highway 4 East

- Take exit 29 Hillcrest Avenue
- Turn right onto Hillcrest Avenue
- Hillcrest Avenue splits to Deer Valley Road
- Turn left onto Wellness Way

**Directions to Kaiser Permanente Walnut Creek**

Cardiology, 1<sup>st</sup> Floor, 1425 South Main Street, Walnut Creek, CA 94596

Located at the corner of Newell Avenue and South Main Street

Get customized directions from [Google Maps](#)

- Enter the Medical Office Building and come to the first floor, Cardiology Department Station D to register.

I-680 North

- Take exit South Main Street
- Stay straight onto South Main Street
- Turn left onto Newell Avenue
- The entrance to parking garage on is on the left.

I-680 South

- Take exit South Main Street
- Turn left at bottom of ramp
- Turn left onto Newell Avenue
- The entrance to parking garage on is on the left