



**Fullerton
Cardiovascular**
Medical Group, Inc.

PATIENT INSTRUCTIONS FOR TREADMILLS, ECHOCARDIOGRAM AND STRESS ECHOCARDIOGRAM

EXERCISE TOLERANCE TESTING

This is a specifically designed test which measures your electrocardiogram and blood pressure during exercise.

ATTIRE MEN: Wear LOOSE FITTING clothing. Bring or wear tennis shoes or crepe-soled shoes.

WOMEN: Wear LOOSE FITTING clothing. Please wear slacks or shorts, with no girdles or stockings above the knee. Please bring or wear tennis shoes or crepe-soled shoes.

MEALS A light meal may be taken 2 hours or more before the scheduled test time.

MEDICATIONS Continue all medication unless told otherwise by your physician.

NOTE Please avoid the use of bath soaps which contain oil, body lotions or powders.

No coffee or smoking 1 hour prior to the test. No alcoholic beverages the day of the test.

FEE **The fee for this test is \$295.00.** This is a billable service.

ECHOCARDIOGRAM

An ultrasound study of the heart. This exam takes about 30 minutes. Women – please do not wear one piece outfits. **The fee for this service is \$800.** This is a billable service. A \$25.00 fee will be charged if this appointment is not cancelled within 24 hrs. This fee is not billable to your insurance company.

STRESS ECHOCARDIOGRAM

You will be walking on the treadmill for this test. It is in conjunction with an echocardiogram. **The fee for this test is \$1100.** This is a billable service. A \$50.00 fee will be charged if this appointment is not cancelled within 24 hrs. This is not billable to your insurance company.

If you have an questions or are unable to keep this appointment, please call our office at (714) 870-4665. A 24 hour cancellation notice is required. Please refer to above for no-show fees.