

INSTRUCTIONS FOR A RESTING ECHO

The Resting Echo test takes approximately 30 - 45 minutes. After the test is over you may resume your regular daily activities.

There are a few small steps to prepare yourself for this test:

1. **NO CAFFEINE** the day of your test.
2. **No body lotions or creams on your chest area** the day of the test.
Deodorant is OK.

The test itself is conducted as follows:

You will have ten small electrodes attached to your chest. A resting echocardiogram will be taken which is an ultrasound of your heart.