



## **Echo Instructions**

### **Request:**

- Please DO NOT to bring children under the age of 10 to the study
- Please arrive **10 minutes early** for your scheduled appointment. If you are more than 15 minutes late, you will be rescheduled

### **Preparing for the study:**

|                               |  |
|-------------------------------|--|
| <b>24 hours before</b>        | <ul style="list-style-type: none"><li>• <b>DO NOT smoke</b></li><li>• <b>DO NOT</b> eat or drink anything that contains <b>caffeine</b> (coffee, tea, chocolate, sodas, energy drinks, some pain relievers, noncaffeinated, decaffeinated, and caffeine-free products)</li></ul>   |
| <b>Morning of appointment</b> | <ul style="list-style-type: none"><li>• <b>DO NOT</b> use any creams, lotions, ointments, oils, or powders over your <b>chest</b> the day of the study</li><li>• Wear loose-fitting comfortable clothing: 2 piece and sneakers<br/><b>NO</b> jumpsuits, overalls, or one-piece dresses</li><li>• Please bring a list of medications and/or actual bottles (including over the counter and herbal supplements). We need <b><u>complete</u></b> medication names &amp; dosages</li></ul> |

- If you are unable to make it to your scheduled appointment, please call 972-572-1600 **at least 24 hours ahead to avoid a \$30 tech fee**
- If you have a double study and are unable to make it to your scheduled appointments, please call 972-572-1600 **at least 48 hours ahead to avoid an \$80 tech fee**
- Dr. Nalluri or Dr. Asti will discuss the study results