



EXERCISE STRESS ECHOCARDIOGRAM

Purpose:

Your doctor has ordered a stress echocardiogram, a test that aids in the detection of any narrowing of one or more of the major arteries supplying blood to your heart. Harmless sound waves are sent from your heart, creating an 'echo,' that carries information regarding your heart tissue. The stress echo helps a doctor see and compare images of your heart before and after exercising.

Pre-test Prep:

1. Wear comfortable clothing and walking shoes
2. **Do not eat or drink anything 3 hours** prior to the test.
3. **Do not take any medications** the morning of the test. **If you have any questions regarding your medications prior to the test, please call your healthcare provider.**

Description of the Procedure

Under the supervision of a cardiologist, one of our specially trained technicians will perform your procedure after asking you some questions about your health and answering any questions you may have. This test is a painless, non-invasive procedure that is performed in our office and should take about 60 minutes.

For this test, a transducer is placed on your chest, which emits high frequency ultrasound waves and allows us to visualize the chambers, valves and the pumping of your heart during rest. You then will be monitored on a 12-lead EKG as you exercise on the treadmill. Your blood pressure will be monitored as well. You will be on the treadmill until you reach the peak heart rate for your age, become too tired to continue, or experience significant symptoms. After the treadmill is completed, you will then be hooked back up to the transducer to obtain another ultrasound of your heart. Be sure to tell the technician if you feel uncomfortable, dizzy, or experiencing any chest pain, arm pain, or shortness of breath

Your results

Your results will be called to you by your physician or his/her nurse.

Your test date is: _____

Your test time is: _____
