



## Stress Echocardiogram

A stress echocardiogram test is a procedure that uses high frequency sound waves, called ultrasound, to examine the way your heart functions under the stress of exercise. Through the echocardiogram, our cardiologists can visualize your heart's walls, valves and blood flow. The test is usually ordered to evaluate chest pain, shortness of breath or palpitations.

### WHAT DO I NEED TO KNOW?

- You may eat a light meal (juice and toast) approximately three hours before your scheduled test.
- Do not have any caffeine (such as coffee, tea, chocolate, cocoa or caffeinated sodas) or use tobacco products on the day of your test.
- Do not wear any lotion or powder on your chest.
- If you are on Beta Blockers, please do not take the medication the day before your test and the morning of your test unless otherwise directed by your physician.
- Check with your doctor if you are an insulin-dependent diabetic, to see if your insulin should be adjusted on the day of your test.
- Electrodes will be placed on your chest and you will be connected to an EKG (electrocardiogram) machine. This allows us to continuously monitor your heart rate and heart rhythm throughout the test.
- A resting echocardiogram will be done. Following the resting echo, you will exercise by walking on a treadmill. The treadmill speed and elevation will be increased every two to three minutes.
- Your body's response to the exercise will be monitored and recorded. You can expect your heart rate and blood pressure to increase during the exercise. To get the most accurate data, it's important that the exercise be as strenuous as you can tolerate.
- A post-exercise echocardiogram can be performed. Your heart rate and blood pressure will continue to be monitored.
- Test time approximately 1-2 hours.