



STRESS ECHOCARDIOGRAM

A stress echocardiogram, also called a stress echo, combines 2 tests, a stress test and an echocardiogram. A stress echo looks at how your heart works.

THE STRESS TEST WILL BE DONE WITH EXERCISE. YOU ARE TO HAVE:

Stress Echocardiogram

Bring walking shoes and loose fitting clothing so you can move easily. You can wear a hospital gown.

Arrive on time for your test. You should plan on being here about one (1) hour.

TO PREPARE:

You may drink water, but do not drink liquids with caffeine. Caffeine is in regular and decaf coffee or tea, chocolate and soft drinks.

If you are to take your medications the morning of the test, take them with sips of water only.

Do not smoke for at least 4 hours before the test. Smoking can affect your test results.

Nitroglycerin tablets or spray may be used for chest pain if needed.

Bring a list of your medications. Be sure to include any prescriptions and over the counter medicines, vitamins and herbs you take.

DURING THE TEST:

Tell the doctor right away if you have shortness of breath or chest pain during the test.

You will have an echocardiogram before and after the stress test.

FOR THE ECHOCARDIOGRAM:

You will lie down on your left side on a table.



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Warm gel is put on your chest. A wand is moved across the gel to take the pictures.

You are able to see the pictures of your heart on the screen.

FOR THE EXERCISE STRESS TEST:

Small pads are put on your chest to check your heart. For men, chest hair may need to be shaved.

A blood pressure cuff is put on your arm. Your blood pressure and heart rate are checked often.

You exercise on a treadmill.

The exercise gets harder every few minutes.

When you are too tired to continue or your heart rate gets high enough, the exercise is stopped and then an echo is done.