

STRESS ECHOCARDIOGRAM



PATIENT NAME: _____

APPOINTMENT DATE: _____ **APPOINTMENT TIME:** _____

Please note, you should allow 1 hour for completion of this test.

PURPOSE: A Stress Echocardiogram is performed to evaluate your heart muscle performance with exercise. It combines an echo, using ultrasound images of the heart, with walking on a treadmill.

PROCEDURE:

1. You will be asked to change to a gown.
2. A highly trained technician will place 10 leads on your chest to monitor your heart rate and rhythm during the test. A blood pressure cuff will be placed on your arm and your pressure will be monitored during the test.
3. The technician will position you on an exam table on your left side and will place a transducer lubricated with gel on your chest. The special gel permits the high frequency sounds waves to pass from the transducer to the heart. Resting images will be obtained, which will take about 15 minutes. The sound waves are reflected off the heart and will be used to create an image on the screen.
4. You will then be asked to walk on a treadmill with the speed and incline increasing until you reach your target heart rate, which is determined by your age. When that stage is reached, you will immediately lie back down on the exam table on your left side and post exercise images will be taken quickly while your heart rate is elevated.
5. Your heart rate and blood pressure will be monitored for about 5 minutes after the completion of the test.
6. The results of your test will be carefully reviewed and interpreted by the cardiologist. The Care Group makes every effort to provide results of your test to your ordering physician within a 24-hour period.
7. Because of the volume of testing that we do, if you are scheduled to see your ordering physician after your test, it may take an hour or more to have the test read by the Echo Cardiologist.

INSTRUCTIONS:

1. It is important that you are on time for your test. If you need to cancel, please call: 317-338-6666 or 1-800-732-1481.
2. Please wear comfortable clothes and walking shoes.
3. You may eat, drink fluids and take your medications as usual.

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4. If you have asthma, bring your inhaler because treadmill exercise may induce asthma.
5. Please do not use any body lotions on your chest area prior to the test.