

Stress Echocardiography

What is Stress Echocardiography?

The test is also called a Stress Echocardiogram. It is a test that evaluates how your heart and blood vessels are functioning. It measures the rate and rhythm of your heartbeat. It is performed within one of our Entira Family Clinics.

Preparing for the stress test:

- No eating for four hours before the test; you may have small sips of water.
- No nicotine on the day of your test.
- No caffeine on the day of your test. Talk to your provider if you take medicine that contains caffeine.
- OK to take all daily medications including those for heart rate and blood pressure control unless otherwise specified by your provider.
- If you use an inhaler for asthma or other breathing problems, bring it to the test. Make sure the health care team member monitoring your stress test knows that you use an inhaler.
- Do not apply lotions, oils, creams, or perfumes to your chest on day of test.
- Wear loose, comfortable clothes and walking/tennis shoes.
- Female patients will have to remove their shirt and bra. A gown will be worn, open to the front.
- Know that the test can take up to one hour (including prep time and time it takes to perform the test).
- If unable to walk on a treadmill or walk on an incline, please speak with your healthcare provider before scheduling a stress test.

What happens during the test?

Before Stress Test

- In the beginning, you will have sticky electrode patches placed on your chest (similar to the patches placed on your chest for an electrocardiogram or EKG).
- Your blood pressure will be taken in the beginning and again throughout the test.
- A resting echocardiogram is done before the actual stress test. This is like an ultrasound where images of heart function and internal structures can be obtained.

During Stress Test

- After the resting echocardiogram, you will exercise on a treadmill. The intensity of exercise may increase over six to ten minutes. This is done to increase your heart rate as much as tolerable.
- We will monitor you for any signs of weakness, dizziness, or other health symptoms that would require you to stop exercising on the treadmill.

If you have any chest pain or pain on the left side, you should let the technician know right away.

After the Stress Test

- Immediately after you are done exercising, you will be asked to lay on your left side for another resting echocardiogram. Images of your heart will be taken to show how your heart functions after stress or intense exercise.
- As your heart rate returns to normal, an EKG will be performed to monitor your heart. Your blood pressure will also be taken.

The results of your Stress Echocardiogram will be sent to your provider after being reviewed by a cardiologist.

Appointment Date _____ **Time** _____ **Location** _____