

Stress Echocardiogram Test Instructions

Below is information to prepare you for your stress echocardiogram test. Talk to your doctor if you have questions or concerns.

What is a stress echocardiogram test?

A stress echocardiogram test shows how your heart works under stress. It shows the blood flow through the walls of your heart and the electrical signals that cause your heart to beat. This helps the team find any potential blockages or electrical abnormalities.

How is the test done?

1. A 12-lead ECG is placed on your body. Your blood pressure will also be taken.
2. A sonographer (health care professional that specializes in medical imaging) will use an ultrasound probe to take baseline pictures of your heart.
3. You will walk on the treadmill for as long as you can.
 - Every 3 minutes will be more of a challenge.
4. You will then have more pictures taken of your heart after exercise with the ultrasound.
5. Once back to baseline, you can go home.
6. You will be at the hospital for about 1 hour the day of your test.

How do I get ready for the test?

Do	Do Not
<ul style="list-style-type: none">✓ Arrive 15 minutes before your appointment time.✓ Follow all instructions you got about what medicine you should stop taking or change the dose for.✓ Wear comfortable clothes and shoes to walk in on the treadmill.	<ul style="list-style-type: none">✗ Do not eat or drink anything for 4 hours before the test except for water as needed.✗ Do not use lotion or oil on your chest or stomach.

If you have diabetes:

You will get specific instructions from the nurse that calls you before your procedure.

- Check with the doctor that prescribes your diabetes medicine to make sure it is okay to change how you take it for this test.
- If needed for blood sugar control, you can have a piece of toast and cup of juice 2 hours before the test.

How safe is a stress echocardiogram test?

The stress echocardiogram test is a low-risk test. A nurse, exercise physiologist and/or cardiac diagnostic technician, and sonographer will all be with you during the test. Doctors are close by if needed right away for help, questions, or concerns.

Is there any medicine used during this test?

- It is possible that you will need an imaging agent medicine called Definity® to see the walls of your heart better with the ultrasound.
- If it is needed, you will get an IV to start medicines.
- There are rarely side effects to this medicine. The team will talk to you about any possible side effects at the time of your test.

What if I need to cancel or reschedule?

- Try to cancel at least 24 hours before your appointment if possible.
- If you are more than 15 minutes late you will have to reschedule.

