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Testing - What to Expect

STRESS ECHOCARDIOGRAM INSTRUCTIONS

A stress echocardiogram is actually two (2) tests combined. A stress test is where we attach wires to your chest as if for an EKG and have you exercise on a treadmill until we reach a specified heart rate. An echocardiogram is an ultrasound or sonogram of the heart. For this test, you will be asked to lie on your left side for up to 30 minutes while your heart is scanned by one of our cardiovascular technologists. Then, we will have you exercise on our treadmill under the watchful eyes of one of our nurses or cardiologists. To make your test as pleasant an experience as possible, please help us by following these guidelines: Please do not eat four (4) hours before your test. Water or juice is ok. Please do not smoke six (6) hours before your test. Wear a 2-piece outfit (shirt and pants). You will be asked to remove all clothing from your upper body for this test. Wear comfortable close-toe shoes such as tennis shoes. Sandals, flip-flops, and high-heels are not allowed on the treadmill. Do not apply powder, lotion, or deodorant to the chest area. If you have a mobility problem where lying still and/or on your side is an issue, please tell our scheduler or the technologist. If you have a mobility problem where walking uphill at a brisk pace is an issue, please tell our scheduler. A different type of stress test can then be scheduled.

