

INSTRUCTION SHEET FOR THE FOLLOWING DIAGNOSTIC TEST: STRESS ECHOCARDIOGRAM

ABOUT THE TEST: A stress echocardiogram is a test that helps your doctor see how well your heart pumps when it is made to work harder. Using a small hand-held device (called a transducer) which is moved over your chest, sound waves are bounced off your heart and the “echo” of those sound waves is captured and turned into images on a monitor.

The images show the structure and movement of your heart before after you exercise. These before and after images provide your doctor valuable information about the way your heart is functioning when you are at rest and when you work.

EXAM TIME: Approximately 1 hour.

Arrive 15 minutes prior to your scheduled exam time.

- PREPARATION:**
- A) Patients having a morning stress test may eat a light breakfast (i.e., toast, muffin, juice).
 - B) Patients having an afternoon stress test may eat a normal breakfast and light lunch.
 - C) No body oils, lotions, or powders to the chest on the day of test as these keep the electrodes from sticking. You may wear underarm deodorant.
 - D) Wear loose comfortable clothing and shoes (tennis or walking) appropriate for a treadmill (no flip flops or sandals).
 - E) Please refer to Page 2 to see if you will need to stop taking any medications prior to your test.
 - F) On the day of your scheduled stress test, **please do not bring any minor children under the age of 18 without another supervising adult.** Should there be an emergency, we are unable to accommodate them. Nor do we have the staff to supervise them during the exam. **Additionally, family and friends are required to wait in the lobby during the exam.**

WHAT YOU CAN EXPECT FOR THE TEST:

Before you start the test, small electrodes are placed on your chest to monitor your heartbeat while you exercise. Then, you will lie down and have a first set of “echo” images taken. You will then walk on a treadmill with levels of speed and elevation increasing at 3-minute intervals. During this time your blood pressure, heart rate and EKG will be monitored until your heart is beating at a certain rate. Once your heart is beating fast enough, you will get off the treadmill and a second set of images of your heart is taken immediately. The doctor then displays the two sets of images side by side to compare the way your heart functions at rest and after exercise.

**PLEASE DO NOT TAKE ANY OF THESE MEDICATIONS
THE DAY BEFORE OR THE DAY OF THE TEST**

BETA BLOCKERS

GENERIC NAME

BRAND NAMES

Atenolol

Tenormin

Metoprolol

Lopressor

Nadolol

Corgard

Pindolol

Visken

Propranolol

Inderal

Bisoprolol

Zebeta, Ziac

Metoprolol ER

Toprol XL

Carvedilol

Coreg, Coreg CR

Bystolic

CALCIUM CHANNEL BLOCKERS

GENERIC NAME

BRAND NAMES

Diltiazem

Cardizem, Cardizem CR

Verapamil

Calan, Isoptin

Nifedipine

Procardia, Adalat

Amlodipine

Norvasc

Felodipine

****PLEASE NOTIFY THE OFFICE PRIOR TO YOUR TEST IF YOU HAVE A HISTORY OF SEVERE LUNG DISEASE AND ARE ON ANY PULMONARY MEDICATIONS SUCH AS INHALERS OR BRONCHODIALATORS (I.E., SPIRIVA, ALBUTEROL, ADVAIR, THEOPHYLLIN OR UNIPHYL).****