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STRESS ECHOCARDIOGRAM

A Stress echocardiogram is a test that combines an ultrasound study of the heart with an exercise test. This test is especially useful in diagnosis coronary heart disease, the presence of blockages in the vessels that supply oxygen rich blood to the heart muscles.

PREPARING FOR THE TEST

- Do not eat or drink for 3 hours prior to the test. (If you have diabetes and take medication for it, get special instructions).
- Avoid any strenuous physical activity on the day of the test.
- If you are a smoker, do not smoke for at least 3 hours before the test.
- Wear comfortable clothing and walking shoes or sneakers.
- If you are currently taking any heart medications, check with your doctor. Your doctor may ask you to stop certain medications a day or two before the test.

THE TEST IS DIVIDED INTO THREE PARTS:

- First, a resting echo study is done.
- Next you walk on a treadmill with gradual increases in the speed and slope.
- Then, another echo is done while your heart is still beating rapidly.
- Some individuals will need an IV and contrast agent given in order to obtain the best ultrasound images.

After reviewing the stress echo information, the doctor will provide you with the test results.

The exercise portion of the test usually last for 5 to 15 minutes. However, you should allow an hour for the entire test.

Please feel free to call our office if you have further questions.

DATE _____

TIME _____

LOCATION _____

OFFICE PHONE NUMBER _____