

Dean & St. Mary's Cardiac Center

Stress Echocardiogram (Stress Echo)

<p>Be at the _____</p> <p>on: _____</p> <p style="text-align: center;">(day/date) (time)</p> <p style="text-align: center;">Call 608-260-2900 if:</p> <ul style="list-style-type: none">• You cannot make it to your test.• You have questions or concerns about the test.• If you have trouble walking.

What is it?

A stress echo is a test that sends harmless sound waves into the heart through the chest wall. The heart sends echoes back to the machine creating a moving picture of your heart before and after you exercise on a treadmill.

Why do I need a stress echocardiogram?

A stress echo provides information about the function of your heart. It is done to find possible changes in your heart. A stress echo can reveal the causes of symptoms you may be feeling.

Day of your test:

- ♥ Bring all your medications including any over-the-counter medications, inhalers, herbs, etc., that you are presently taking, in their **original** container. This will help update your records.
- ♥ Wear comfortable clothing and walking shoes.
- ♥ Bring your insurance cards.

Preparing for your test:

- ♥ You will change into a gown.
- ♥ You will be asked about your heart history.

- ♥ Sticky patches will be put on your chest. Hair may need to be removed to apply the patches.

During your test:

- ♥ You will first lie on your left side.
- ♥ The ultrasound probe is moved around different areas of your chest using a special gel.
- ♥ Sometimes you may need an IV for medication to help get clearer pictures. We will let you know of this before or soon after the start of the echo.
- ♥ You will begin walking slowly on the treadmill. The speed and incline will be gradually increased every two or three minutes.
- ♥ Your heart activity and blood pressure are continuously monitored until you reach a certain heart rate, become tired or develop symptoms.
- ♥ You will have an echo immediately after you exercise.
- ♥ The test will take between 45 minutes to one hour.

After your test:

- ♥ You will be able to leave after the test.
- ♥ The pictures are reviewed and read by the heart doctor performing the test. You may know the results right away.

Tobacco Free Campus

For your health, we are a tobacco-free facility and campus. Thank you for not smoking or using tobacco products on the grounds.

Other resources available to you at: www.stmarysmadison.com/cardiac

Then Click on “Patient Instructions”.