



Pacific Cardiovascular Associates Medical Group

Stress Echo Test

Stress echocardiography is a test that uses ultrasound imaging to determine how well your heart muscle is working to pump blood to your body. It is mainly used to detect a decrease in blood flow to the heart from narrowing in the coronary arteries. The technician will take resting images of your heart and then you will be asked to exercise on a treadmill while your blood pressure and heart rhythm are closely monitored. When your heart rate reaches peak levels, the technician will take additional ultrasound images of your heart to determine whether your heart muscles are receiving enough blood and oxygen while you exercise.

The test is used to:

1. Determine how well your heart tolerates activity
2. Evaluate the function of your heart
3. Determine your likelihood of having a coronary artery disease
4. Evaluate the effectiveness of your cardiac treatment plan

Patient Instructions

1. **DO NOT** eat or drink anything except water (4) hours prior the test.
2. **DO NOT** smoke on the day of the test, as nicotine will interfere with the results of your test.
3. **DO NOT** take the following medications unless your physician instructs you otherwise:

- **Beta Blockers**: Atenolol, carvedilol, metoprolol
- **Calcium Channel Blockers**: Diltiazem, Verapamil
- **Isosorbide Dinitrate**: Dilatrate, Isordil, Sorbitrate
- **Isosorbide Mononitrate**: Ismo, Imdur, Monoket
- **Nitroglycerin**: Minitran, Nitropatches, Nitrostat

4. If you use an inhaler for your breathing, please bring it to the test.
5. **Diabetes Instruction:** If you take insulin to control your blood sugar, ask your physician what amount of your medication you should take the day of the test.
6. Wear comfortable clothing that can be removed from the waist up (no dresses or skirts). Please bring closed toed shoes suitable for walking or jogging. No flip flops.
7. Testing areas can be cold; please bring a jacket/sweater.
8. Please cancel your appointment **AT LEAST 48 hours prior** to your appointment. If you are unable to make your appointment due to a bona-fide emergency, no cancellation fee will apply provided you provide written documentation or proof of the emergency. In all other instances a \$50.00 no show/cancellation fee will be charged, without exception, for un-kept appointments not canceled 48 hours before the scheduled appointment time.
9. In order to ensure effective communication, all non-English speakers are requested to bring a translator to their procedure.

Frequently Asked Questions

How long will the test take?

The test will take about 1 hour.

What should I expect?

Echocardiography is a non-invasive test. Electrodes (small stickers) are placed on your chest and shoulders to record your heartbeat. In order to properly place the electrodes on your chest you are required to remove all clothing from the waist up and will be given a paper gown to wear. Then a technician will glide a small device, called a transducer, over your chest. This device sends sound waves and provides the necessary data your physician needs. After the resting echo test, you will be expected to walk, and possibly jog on the treadmill for approximately 3 -15 minutes. Please keep in mind that **no** dye injections of radioactive material will be used for this test.