



ECHO STRESS TEST

PATIENT INSTRUCTIONS

PREPARATION

- **Diet:** Nothing to eat 3 hours prior to test. You may drink within reason.
- **Clothing:** Wear two-piece, loose fitting clothing and rubber-soled walking or running shoes that are comfortable for exercising.
- **Do not use** bath oil, lotion or powder on the morning of the test. You may use deodorant if desired.
- **Medications:** Take your medications the day of your appointment, unless otherwise instructed by your physician.
- **Insurance:** If you are covered by an insurance plan that requires pre-authorization from your primary care physician, please make those arrangements prior to your visit.

BRIEF EXPLANATION OF SEQUENCE OF TEST

- You will need to undress from the waist up; women will be given a gown to wear.
- Electrodes will be placed on your chest to monitor your heart rate. The skin may need to be lightly scraped. Men may have chest hair shaved.
- Blood pressure cuffs will be used during the test. If a doctor has ever told you to avoid using a blood pressure cuff on one or both arms, please inform the staff while you are being prepared for this test.
- You will first receive a resting echocardiogram.
- For the “stress” portion of the test, you will be asked to either walk on the treadmill or you will be given IV medications to simulate exercise. It is important to tell the staff if you are having chest pain or discomfort, dizziness, breathing difficulties, or any other problems.
- You will be asked to exercise for as long as you possibly can, until the IV medications are completed, or until you have cardiac symptoms.
- When the exercise part of the stress test is completed, the treadmill will stop abruptly. A staff member will be standing next to you to assist you. You will be asked to quickly step to the bed and lie down on your left side. The technologist needs to begin recording data immediately after you have stopped exercising. If you receive IV medications for your “stress” portion, this will not apply to you as you will remain on the bed for the entire test.

QUESTIONS/CONCERNS

You will be contacted the day before your test to confirm your appointment time. Any questions or concerns you may have can be answered at that time or you may call our office.

Thank you for your time, patience, and cooperation!