



STRESS ECHOCARDIOGRAM

NAME _____

TEST DATE _____

PHYSICIAN _____

APPOINTMENT TIME _____

Please report to Grand River Cardiology at 1000 East Paris, SE, Suite 200 at the appointment time written above.

1. Wear comfortable tie shoes, preferably with a rubber sole.
2. Wear comfortable clothing, gym clothes if desired. Women should not wear dresses or one piece outfits.
3. You may eat a very light meal four hours prior to the test.
4. No caffeine or nicotine products 24 hours before your test.
5. Do not plan anything strenuous before or after the test. No jogging the day of the test.
6. Please bring a list of your current medications with you. You may take all of your usual medications the morning of your procedure. If you are diabetic and take insulin or a medication to control your blood sugar please call our office for special instructions.
7. Please contact our office if your current weight is over 350 pounds to reschedule your test at an area hospital.

A stress echocardiogram is designed to provide information about how your heart performs under stress. It combines the information from an echocardiogram and a stress test.

The first step of the test is an echocardiogram (ultrasound of the heart). Ultrasound transmits sound waves from a transducer on the skin to the heart and back to the transducer. The signal is then transformed into a picture that provides visualization of the heart muscle, valves, and blood flow through the heart. The test is simple and painless. You will lie on a bed for approximately 15 minutes while a technician moves the transducer over various areas of your chest. The four valves and chambers making up the heart will be evaluated.

Next, the heart is put under stress by having either having you exercise on a treadmill or by using a chemical called dobutamine.

If you will be walking on a treadmill, you will start walking slowly and the treadmill will gradually increase its speed and incline. Even though you may not be a conditioned athlete you should walk on the treadmill as long as you are able. The better your effort, the more information we can obtain. Immediately after the stress test a second echocardiogram will be done to capture the function of your heart under stress. The physician will evaluate the echocardiograms.