Exercise (Stress) Echocardiogram

An exercise echocardiogram is a test to see how well your heart can tolerate physical activity. You will need to walk on a treadmill for this test. An echocardiogram looks at how the heart moves. An exercise echocardiogram is also called a stress echocardiogram. While doing this test, your doctor will check to see if:

- You have chest pain.
- You have problems breathing.
- You become dizzy or feel like you will pass out.
- You have problems with high or low blood pressure during the test.

BEFORE THE TEST

- Do not eat or drink anything for 6 hours before the test or as told by your doctor.
- Do not eat or drink foods with caffeine for 24 hours before the test. Do not smoke on the day of your test. Nicotine and caffeine can interfere with your test results.
- Wear comfortable clothing such as slacks/pants and comfortable shoes you can walk in. You will wear a hospital gown from the waist up.
- Check with your doctor about what medicines you should or should not take before the test.

DURING THE TEST

- You will be hooked up to a monitor to watch your heart rate.
- An echocardiogram will be done before and after you walk on a treadmill. For an echocardiogram:
  - A clear gel is placed on your chest.
  - A wand-like device is moved over the gel on your chest.
  - Pictures are then taken using sound waves that come from the wand.
- Your doctor will have you walk on a treadmill. How long you walk depends on your physical condition and the condition of your heart.
- Your doctor will want to know right away if you have any of the following during the test:
  - Chest pain.
  - Shortness of breath.
  - Feeling dizzy.

FINDING OUT THE RESULTS OF YOUR TEST

Not all test results are available during your visit. If your test results are not back during the visit, call your doctor to find out the results. Do not assume everything is normal if you have not heard from your doctor. It is important to find out the results of your test.

GET HELP RIGHT AWAY IF YOU:

- Have chest pain, feel your heart racing or skipping beats.
- Have a hard time breathing or cannot catch your breath.
- Feel dizzy or pass out.

MAKE SURE YOU:

- Understand these instructions.
- Will watch your condition.
- Will get help right away if you are not doing well or get worse.

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