

# Stress Echocardiography

## What is Stress Echocardiography?

The test is also called a Stress Echocardiogram. It is a test that evaluates how your heart and blood vessels are functioning. It measures the rate and rhythm of your heartbeat. It is performed within one of our Entira Family Clinics.

## How Do I prepare?

- No eating or drinking three or four hours before your test.
- No nicotine on the day of your test.
- No caffeine on the day of your test. Talk with your provider first if you take medicine that contains caffeine.
- Talk with your provider first if you take beta blockers, heart medicine, nitroglycerin, isosorbide mononitrate, or isosorbide dinitrate.
- Wear loose comfortable clothes and walking shoes.
- Know that the test can take up to one hour.

## What happens during the test?

### Before Stress Test

- In the beginning, you will have sticky electrode patches placed on your chest (similar to the patches placed on your chest for an electrocardiogram or EKG).
- Your blood pressure will be taken in the beginning and again throughout the test.
- A resting echocardiogram is done before the actual stress test. This is like an ultrasound where images of heart function and internal structures can be obtained.

### During Stress Test

- After the resting echocardiogram, you will exercise on a treadmill. The intensity of exercise may increase over six to ten minutes. This is done to increase your heart rate as much as tolerable.
- We will monitor you for any signs of weakness, dizziness, or other health symptoms that would require you to stop exercising on the treadmill.

**If you have any chest pain or pain on the left side, you should let the technician know right away.**

### After the Stress Test

- Immediately after you are done exercising, you will be asked to lay on your left side for another resting echocardiogram. Images of your heart will be taken to show how your heart functions after stress or intense exercise.
- As your heart rate returns to normal, an EKG will be performed to monitor your heart. Your blood pressure will also be taken.

The results of your Stress Echocardiogram will be sent to your provider after being reviewed by a cardiologist.