

INSTRUCTIONS FOR A STRESS ECHO

The Stress Echo test takes approximately 1 to 1.5 hours. After the test is over you may resume your regular daily activities.

There are a few small steps to prepare yourself for this test:

1. Wear comfortable shoes, **preferably jogging shoes**. You will be walking fast and running.
2. Wear a **comfortable pair of jogging shorts or sweatpants**.
3. **DO NOT exercise** the day of your test.
4. You may take your regular medications with clear liquids. **However, there may be an exception if you are on a Beta Blocker**. See specific instructions if you are on a Beta Blocker medication.
5. **Beta Blockers: If you have Atrial Fibrillation or Flutter, continue to take all of your medications. If you do NOT have Atrial Fibrillation or Flutter, DO NOT TAKE your Beta Blocker Medications 24 hours prior to your appointment. Beta Blocker medications include the following:**

<u>Generic</u>	<u>Brand</u>
Metoprolol	Lopressor or Toprol
Atenolol	Tenormin
Propranolol	Inderal
Pindolol	Visken
Nadolol	Corgard
Carvedilol	Coreg
Labetalol	Normodyne or Ziac
Bisoprolol	Zebeta

6. If your test is in the morning, a light breakfast is recommended.
7. **NO CAFFEINE** the day of your test.
8. **No body lotions or creams on your chest area** the day of the test. Deodorant is OK.

The Stress Echo test is conducted as follows:

You will have ten small electrodes attached to your chest. A resting echocardiogram will be taken. You are then connected to the EKG monitor, and blood pressure is taken at this time. The technician will explain how the treadmill is done, then the supervising clinician will arrive and the treadmill part of the test

will begin. You will begin walking very slowly on the treadmill. Your blood pressure and EKG will be checked every three minutes. The speed and elevation of the treadmill will increase slightly every three minutes as well. When the treadmill portion of your test is complete, you will quickly lie down on the echo table and the post exercise echo will begin. You will then be unhooked from the equipment.

The total time the test takes varies from one person to another.

During the treadmill please let your doctor know if you are having chest pain, chest tightness, palpitations, or dizziness. If, for any reason, you feel you need to stop the test, please tell your clinician.