

Exercise Stress Echo

What is an Exercise Stress Echo?

- An Exercise Stress Echo is a combination of ultrasound study of the heart (echocardiogram) and an exercise stress test. This test helps to identify areas of diminished blood flow to the heart muscle, blockages in the coronary arteries or heart rhythm irregularities.
- The echocardiogram uses ultrasound sound waves to produce an image of the internal structure of the heart. A technician applies gel to the external chest wall, and a wand-like transducer is then moved across the chest creating 2-D images of the heart muscle and valves.
- The stress test is a diagnostic study to evaluate cardiac function during exercise.

How do I prepare for an Exercise Stress Echo?

- Please shower/bathe the morning of your test.
- Please don't use lotion or powder on your chest. You may use deodorant.
- Wear comfortable loose-fitting clothing and a pair of sneakers or rubber soled shoes.
- Take your usual medications unless otherwise instructed by your physician. Some physicians may discontinue beta blocker, calcium channel blocker or nitrate medications. Consult with your provider who ordered the test if you are taking any of the above-mentioned medications. Please bring a list of your current medications with dosages and allergy list.
- You can have a light meal up to 2 hours prior to your test.

- Avoid smoking the day of your test.
- Avoid medication for erectile dysfunction for 72 hours. (Viagra, Cialis, Levitra)

What can I expect during an Exercise Stress Echo?

- When you arrive, you will receive an explanation of the procedure.
- 10 ECG electrodes will be placed on your chest to monitor your heart during the test,
- A resting echocardiogram and ECG will be done before the test begins.
- The technician will demonstrate how to walk on the treadmill. The treadmill starts slowly and increases in speed & incline every 3 minutes.
- The stress test will be stopped if you reach your target heart rate, or if significant ECG, blood pressure or heart rhythm changes occur.
- After the exercise portion of the test, another echocardiogram will be done.
- A cardiologist will review the test and a final report will be sent to your physician.

Procedure Time

The test will take approximately 75 minutes.

Risks of this Test

There are no known risks from an ultrasound. The risks of a stress test include abnormal blood pressure, irregular heart rhythm, or very rarely a heart attack or stroke. If you have questions or concerns, please discuss with your physician.

Test Results

You may receive preliminary results at the time of the test. The results of this test will be reviewed by a cardiologist. A final report will be given to your doctor, who will inform you of the findings.

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