



CARDIOVASCULAR ASSOCIATES
— OF CHARLOTTESVILLE —

Patient Name: _____

Date of Birth: _____

Stress Echo Test - What to Expect

Your Provider, _____ has ordered a Stress Echo Test.

The Stress Echo Test involves exercising on a treadmill while you are closely monitored. The test is used to evaluate your heart function at rest and with exertion.

- An echocardiographer will place electrodes on your chest to monitor your EKG. The electrodes are attached to an electrocardiograph (ECG) monitor that records your heart's electrical activity during the test.
- Before you begin to exercise, the technician will perform a resting ECG, measure your resting heart rate and take your blood pressure.
- The sonographer will ask you to lie on your left side on an exam table so she can obtain baseline echo images of your heart. The sonographer will place a wand (transducer) on several areas of your chest. After the images have been obtained, you will walk on a treadmill for the exercise portion of the test.
- If the heart images are not clear, an imaging agent will be administered through an IV to enhance images of the heart muscle.
- You will start walking on a treadmill at a slow pace. At regular intervals, the difficulty of the exercise will increase until you achieve the target heart rate or you develop symptoms.
- Your heart rate, EKG and blood pressure will be monitored throughout the test. If you are unable to achieve your target heart rate, a medication may be given to simulate exercise.
- It is normal for your heart rate, blood pressure, and breathing to increase. This information will allow your physician to assess your heart's ability to function.
- When you cannot exercise any longer:
The treadmill will be stopped. You will get off the treadmill and quickly return to the exam table. Again, you will be asked to lie on your left side so the sonographer can obtain another set of images.
- Your heart rate, blood pressure and EKG will continue to be monitored after exercising until the levels are returning to normal.
- The test takes approximately 60 to 90 minutes to complete.

After the cardiologist reviews your test, the results will go into the electronic medical record at Cardiovascular Associates. Your referring provider will receive a copy of the results and will contact you to discuss them.

Patient/Guardian Signature _____ Date _____ Time _____