

EXERCISE STRESS TEST & STRESS ECHOCARDIOGRAM



ReVascMedProfessionals
Heart and Vascular Institute

✓ WHAT IS AN EXERCISE STRESS TEST?

An Exercise stress test is a procedure that monitors heart rhythm, heart rate, blood pressure, and symptoms while exercising on a treadmill. Your doctor may order this to determine if the arteries of your heart are blocked or to see your exercise capacity and blood pressure response.

✓ WHAT IS A STRESS ECHOCARDIOGRAM?

A Stress echocardiogram includes an ultrasound of the heart before and after exercise on a treadmill. This provides additional information regarding heart function and possible artery blockage.

✓ WHAT HAPPENS DURING THE TEST?

Before the test: The technologist will prepare you for the test by placing electrodes on your chest. Men with chest hair may require minor hair removal to improve EKG quality. If a stress echocardiogram is ordered, the technologist will obtain images of your heart.

During the test: Stand on the treadmill with your feet on either side of the belt. Once the belt starts moving, you can step on. There will be an increase in speed and incline every 3 minutes. We will monitor your heart rate and blood pressure. You will walk until you feel tired, or until your heart rate reaches a certain level based on your age.

After the test: For stress echocardiogram, you will quickly step off the treadmill and return to the table on your left side for more ultrasound images. For exercise stress test, you will move to a chair and rest for 5 minutes while you are being monitored.

HOW TO PREPARE FOR THE TEST

- Your doctor may instruct you to stop certain medications.
- Do not eat a large meal 2 hours before your test.
- You may have water and small snacks.
- Wear loose, comfortable clothing and running shoes.

WHAT TO EXPECT

- During exercise, your heart rate and blood pressure are expected to increase. This will be closely monitored.
- Any potential problems are usually caught very quickly and treated.
- It is normal to feel tired or short of breath with exercise.
- If you feel pain, dizziness, nausea, leg pain, or feel too tired to continue, let the doctor know right away.

HOW SOON WILL I KNOW THE RESULTS

Your doctor will review the test and may give you a preliminary result; however, the final result will not be ready until your next meeting.