

STRESS ECHOCARDIOGRAM

Your doctor has requested that you have a STRESS ECHOCARDIOGRAM. It has been scheduled for _____ at Mitchell County Regional Health Center. You need to present to the Patient Registration area that is located in the front lobby of the hospital 15 minutes before your test.

What is a Stress Echocardiogram ?

A Stress Echocardiogram is a stress test combined with an echocardiogram (ultrasound) of the heart. The stress test measures the heart's response to physical stress. During exercise, the heart beats faster and requires more oxygen. An electrocardiogram (EKG) is taken during exercise and this can provide your physician with how your heart and coronary arteries are functioning. The echocardiogram or ultrasound measures the pumping function of the heart muscle at rest before exertion and again after exercise.

Before your test

1. Wear comfortable walking shoes and loose fitting clothing that permits freedom of movement. Women should wear slacks.
2. Do not eat, drink caffeinated beverages or alcohol, or smoke/use tobacco for three hours prior to your test.
3. Make sure your physician is aware of all medications that you take. He/She will inform you if you are to take all your medications before the test

During the test

1. After being connected to a cardiac monitor, an initial "resting" echocardiogram will be done.
2. Next the exercise stress test will be performed on a treadmill. A physician will be present. You will start slowly and increase every several minutes until you have reached your heart's peak work level that is predetermined by age.
3. The test may be stopped at any time if you feel that you cannot continue or if your blood pressure is too high or too low, if your EKG shows changes, or if you experience chest discomfort, shortness of breath, dizziness, feeling faint, or leg cramps. You will need to inform your doctor of any such symptoms.
4. You will then be asked to lie on a cart, and the echocardiogram or ultrasound will be performed.
5. The whole test takes approximately 60 minutes; but the time spent exercising is seldom more than 9-12 minutes depending on your physical condition.

After your test

Your test results may be given at the time of the test or they may be given to you at a later time.

If you have any questions in regard to your appointment or **need to cancel**, please call the Specialty Clinic at 641-732-6090 and we would be glad to help you.

09-2008 T: Specialty Clinic:Stress Echo Teaching Sheet

If you have any questions or would like more information contact us at:



Specialty Clinic
616 North Eighth Street
Osage, Iowa 50461-1498
Phone: (641) 732-6090
Fax: (641) 732-6033
mitchellcohospital-clinics.com