

## Exercise Stress Echocardiography Test

A Stress Echocardiography test is a noninvasive diagnostic test which combines a treadmill stress test with EKG and Echocardiography imaging. The patient will be connected to an EKG during the treadmill test. This will record heart rate and any EKG changes the patient has before, during, and after exercise. Echocardiography ultrasound images are obtained before and after exercise. This is performed by placing ultrasound gel on a transducer and placed on the patient's chest to obtain images of the heart. Blood pressure is assessed before, during, and after the exam. The echocardiography sonographer and a Physician, Exercise Physiologist or Physician's Assistant will be present during the exam.

### Patient Instructions

- Patient should wear comfortable clothing with sneakers appropriate for exercise.
- Stop any beta blockers the **NIGHT BEFORE** and the **MORNING OF the test (UNLESS OTHERWISE INSTRUCTED)**.
  - Atenolol (Tenormin), Toprol XL, Metoprolol (Lopressor), Propranolol (Inderal), Inderal LA, Carvedilol (Coreg), Nadolol (Corgard), Labetalol (Trandate), Diltiazem, Verapamil, Bystolic, etc... If you have any questions about medications, please call the office.

### Contraindications to Stress Echocardiography

**Please contact our office if any of the below apply and you are scheduled for a Stress Echocardiography treadmill test.**

- Heart attack within two days of test
- Severe/symptomatic aortic valve stenosis
- Pregnancy
- Unstable gait/inability to walk on treadmill

Appointment Date: \_\_\_\_\_

Appointment Time: \_\_\_\_\_