

Care Gram

Stress Echocardiogram

How the Test Works

A stress echocardiogram is a combination of a treadmill stress test and an echocardiogram. A cardiologist, sonographer, and registered nurse will perform the test. The cardiologist will be able to look at how well the different areas of the heart are receiving blood. This will help to diagnose coronary artery disease. If you are unable to walk on a treadmill, you will be given a medication through an IV called Dobutamine. This medication will increase your heart rate.

Allowing Time

The entire test takes about 1½ hours. This includes preparation, exercising, and the echocardiogram of your heart.

Preparation

- Do not eat or drink any coffee, tea, pop, or chocolate 12 hours before the test
- Do not eat anything 2 hours before the test – you may drink water, milk or juice until the time of the test
- Be sure to wear comfortable clothes and shoes for walking

You will receive a letter or a phone call from the Cardiology Department to inform you of your appointment date and time. Please call Cardiology at (740) 348-4713, and tell them if you can make your appointment time or if you need to change it.

You may need to stop taking some of your medications before your test. Please call (740) 348-4713 with a list of the medications you take. You may need to leave a message. A registered nurse will call you back if you need to stop any of your medications.

Registration

Please report directly to the Cardiology Department at your appointment time. It is located on the first floor of Licking Memorial Hospital (LMH).

During a Stress Echocardiogram

- You will start by lying on your left side - a resting echocardiogram (an ultrasound of your heart) will be done before you begin exercise
- Then, you will walk on a treadmill so that your heart rate will increase
 - While you are walking, your heart rate, heart rhythm, and blood pressure are monitored
- If you cannot exercise, you will receive the medication at this time as described above



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- When your heart rate reaches a certain level, you will be able to stop exercising
 - If needed, a contrast called Definity will be given through an IV to help get better pictures of the heart - this is not a dye

After the Test

You may drive yourself home and return to your normal activities the same day.

Finding Out the Results

The cardiologist who does the test may be able to give you some of the results before you leave. You will find out the final report of your test from the doctor who ordered the test.

Appointment Reminder

Thank you for allowing the Cardiology staff at LMH serve you. Remember, you have an important role in making your test a success. If you have any questions about your test, please call (740) 348-4713.