

# Care Gram

## Stress Echocardiogram

### How the Test Works

A stress echocardiogram is a test that combines two tests:

- A treadmill stress test – you will walk on a treadmill
- An echocardiogram – your cardiologist (heart doctor) will review images of your heart on a screen while you are walking on a treadmill

This test is used to check for heart disease. The test allows your cardiologist to look at how well the different areas of your heart react to the stress of walking on a treadmill.

Your test today will be performed by a cardiologist, a sonographer (operates the equipment), and a registered nurse.

### Allowing Time

The entire test takes about 1½ hours. This includes time to prepare and complete all parts of the test.

### Preparation

- Do not drink any type of coffee, tea, or soda for 12 hours before the test
- Do not eat chocolate for 12 hours before the test
- Do not eat anything for 2 hours before the test
- You may drink water, milk, or juice until the time of the test
- 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 (220) 564-4713 to:

- Confirm or change your appointment time
- Review your list of medications (some medications must be stopped before your test)

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 to Registration, located on the Licking Memorial Hospital (LMH) First Floor, at your appointment time.



**Licking Memorial  
Health Systems**

1320 West Main Street • Newark, Ohio 43055  
(220) 564-4000 • [LMHealth.org](http://LMHealth.org)

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**During a Stress Echocardiogram**

- You will start by lying on your left side – images of your heart will be reviewed 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 medication (Dobutamine) to increase your heart rate
- When your heart rate reaches a target 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 walking on the treadmill, you will quickly lie down and have another echocardiogram done

**After the Test**

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

**Finding Out the Results**

The doctor 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 to serve you. Remember, you have an important role in making your test a success. If you have any questions about your test, please call (220) 564-4713.