

Springfield Clinic Cardiology

Stress Echocardiogram

Your doctor has scheduled you for a Stress Echocardiogram

on _____ at _____ am / pm.

DURING THE TEST:

- An echocardiogram will be done of your heart. The technician will place gel on your chest and then use ultrasonography to take pictures of your heart.
- Next, you will be asked to exercise on the treadmill while we monitor your EKG and blood pressure. When your heart rate reaches the target heart rate, we will ask you to move quickly back to the table and lay down so we can get another ultrasound of your heart.
- The entire test will take about 1 hour to complete.

YOU MUST:

- Wear comfortable clothes and shoes good for exercising. .
- Nothing to eat 6 hours prior to the test.
- If you use inhalers for asthma or lung disease please bring them with you to the test.
- **TAKE ALL MORNING MEDICATIONS**, but do not take any beta blockers (includes Ziac, Bisoprolol, Toprol, Atenolol, Bropanolol, Carvedilol, Coreg, Lopressor, Metoprolol, Tenormin) for 24 hours prior to the test.
- **DO NOT HAVE CAFFEINE FOR 24 HOURS PRIOR TO THE TEST**
 - THIS INCLUDED COFFEE, DECAF, TEA, SODA AND CHOCOLATE