

Echocardiography Stress Test

Echocardiography Stress Test uses ultrasound (sound waves) to evaluate the function of the heart when the heart is working its hardest. An Echo Stress Test is performed to evaluate chest pain, shortness of breath or palpitations, or to evaluate the heart after angioplasty, a heart attack or open heart surgery.

What to Expect

Electrodes will be attached to your chest and an ultrasound of the heart will be performed. Then, with the electrodes still in place, you will walk on the treadmill. The treadmill will begin slowly and will increase in speed and grade every three (3) minutes. You will walk on it until you are tired. Your heart rhythm and blood pressure will be monitored continuously. When you finish exercising, a second scan of your heart will be performed. The entire procedure will take about one (1) hour. Your doctor will receive a written report about 48 hours later.

How to Prepare

1. No smoking, alcoholic beverages or caffeine after 6 p.m. the night before the test. Many soft drinks, cocoa and chocolate beverage and foods as well as cold medications, diuretics and pain relievers contain caffeine, so please be sure to read all labels.
2. Eat low-fat meals the day of the test. For example:
 - a. Breakfast: fruit, fruit juice, cereal with milk, or any bread product with a little margarine or butter and jam, jelly or honey.
 - b. Lunch: fruit, fruit salad, tuna, chicken or turkey sandwich, lettuce, tomato, celery (any salad ingredients), beverage without caffeine. Do not eat anything heavy or greasy for either meal.
3. Wear comfortable clothes such as pants, shorts, jeans, warm-up pants, loose-fitting t-shirt or blouse and good walking or athletic shoes.
4. Continue to take any medication you normally would, unless your physician has instructed otherwise.
5. Please bring a current list of medications you are taking.
6. Please arrive 10 minutes before your appointment and bring the requisition/order form for the test. Please bring your insurance card with you.

Appointments

Call 216.382.2853. When you schedule your appointment, please inform the scheduler of any other test(s) you have scheduled for that day as well as any food allergies or intolerances. Also, please give the same information to the receptionist on the day of your scan.