

## Center for Cardiovascular Health

# You are scheduled for a Stress Echocardiogram

### What to expect:

The purpose of a Stress Echo is to evaluate blood flow through the vessels that supply the heart (the coronary arteries). First, you are hooked up to an ECG, which is followed by an echocardiogram (cardiac ultrasound). You will walk on the treadmill, having your ECG and blood pressure monitored during the test. After exercise, you will have another set of ultrasound images taken to compare to the resting images.

### How to prepare:

- Do not eat food or use tobacco products for 2 hours prior to check-in time. Small sips of liquids are ok.
- Wear flat rubber-soled shoes, comfortable slacks or shorts
- Do not apply lotion to your skin the day of testing.

### Medications:

- Take your medications as usual, except **DO NOT** take Beta Blockers **24 hrs prior** to your test.
- Beta Blockers include: **Atenolol, Metoprolol, Carvedilol, Labetalol, Nadolol and Propranolol.**

### Approximate Test Time:

- One hour, but usually exercising less than 15 minutes

Test location: \_\_\_\_\_

Check-in time: \_\_\_\_\_

*\* Your provider will call you with results.*

If you have any questions about your Stress Echocardiogram, please call the Echo Lab at (206) 223-6936.