

Interventional Cardiology Medical Group, Inc.

**STRESS ECHOCARDIOGRAM
(TREADMILL TEST WITH ECHOCARDIOGRAM)
PATIENT INSTRUCTIONS**

The treadmill test is an electrocardiogram (ECG) that is done while you are walking on a moving belt. Abnormalities in your heart rate and/or rhythm can be detected. Echocardiogram (echo) is a noninvasive test that uses ultrasound (sound waves) to take pictures of the heart before and after exercise on the treadmill. This test is designed to determine if there is any problem with the blood flow through the coronary arteries that supply the heart with blood.

Appointment Date: _____ **Time:** _____

PROCEDURE

You will be asked to walk on a treadmill, a moving belt, which gradually increases in speed and/or grade (incline). Your blood pressure, heart rate, and rhythm will be monitored while you are on the treadmill. When you reach your target heart rate and exercise level, the treadmill will be turned off, and you will be asked to immediately lie down on a table, turned to your left side. The echocardiogram is performed before and immediately after exercise by placing an instrument called a transducer over the left side of your chest using a translucent gel. The gel may be slightly cool and you may feel light pressure from the transducer. You may be asked to hold your breath at times so that clearer views of the heart can be obtained.

PATIENT INSTRUCTIONS

- **You may eat a light breakfast (cereal, toast, juice) the morning of the exam. Light lunch for tests after 2:00 pm. LIMITED CAFFEINE.**
- If you are diabetic, you may eat a *light* breakfast and/or lunch.
- Wear comfortable clothing and walking shoes, such as tennis shoes. **DO NOT WEAR OPEN-TOED OR OPEN-HEELED SHOES. NO DRESSES.**
- Do not wear necklaces or clothing with metal on it (metal buttons, sequins, brooches, etc.).
- If you have asthma presently or previously, bring your inhaler(s) with you.
- Bring a list of your medications with you.
- Take your usual morning medications on the day of your test unless directed by your physician.
- If you have been instructed to decrease your medication, be aware you may experience a transient increase in your blood pressure and/or palpitations.

LENGTH OF TEST

The test will take approximately 1 hour.

QUESTIONS

If you need to cancel, reschedule, or have any questions about this exam, please call the office at: 818-702-8800.

PLEASE GIVE OUR OFFICE 24 HOUR NOTICE TO CANCEL YOUR TEST

OR THERE WILL BE A \$100 CHARGE