



# HEARTFUL CARDIOLOGY

## Stress-Echocardiography:

**What is a stress-echo?** A stress-echo is a procedure that determines how well your heart and blood vessels are working.

**About the procedure:** You are receiving this test to better assess your heart function. Your prior echocardiogram was completed and determined your heart is strong enough to withstand the stress portion of the test. During this procedure, you will exercise on a treadmill while your blood pressure and heart rhythm is monitored by certified techs. When your heart rate reaches determined peak levels, you will have ultrasound images of your heart to determine whether or not your heart muscles are getting enough blood and oxygen while you exercise.

**Why was this test ordered?** This test is ordered for many reasons. Usually it is ordered when you have been experiencing chest pain or to check for coronary artery disease. It can also be ordered to determine how much exercise you can safely tolerate.

**Risks?** This test is safe and noninvasive. Complications are rare, but can include:

- \*abnormal heart rhythm
- \*dizziness or fainting
- \*heart attack

**Preparation:** This procedure will be done in office. Please wear tennis shoes and comfortable clothing as you will be walking on the treadmill at different speeds. No overalls, onsies, or jeans. Please eat a very light, low salt diet. Do not have coffee or caffeine the morning of your procedure.

### **Medications to hold:**

- \*beta blockers (metoprolol, propranolol, atenolol, etc.)
- \*isosorbides
- \*nitroglycerin