



## **STRESS ECHOCARDIOGRAM**

Your doctor has scheduled you for a Stress Echocardiogram at our **Christian North East office located at 11155 Dunn Rd. Suite 304E, St. Louis, MO** 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 reached 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.

After the second ultrasound, the physician compares the two sets of images to see how your heart responds to the stress of exercise.

The entire test will take about 1 hour to complete.

**PLEASE CONTACT THE OFFICE IMMEDIATELY AT 314-741-0911 IF YOU ARE UNABLE TO MAKE IT TO YOUR APPOINTMENT.**

### **YOU MUST:**

Wear comfortable clothes and shoes good for exercising.

Please do not wear lotions, powders, cologne or perfume, but deodorant is acceptable.

You can eat breakfast and/or lunch, as long as it is nothing greasy.

If you use inhalers for asthma or lung disease please bring them with you to the test.

Please have no gum, candy, food, etc. in your mouth at the time of testing.

**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 12 HOURS PRIOR TO THE TEST THIS INCLUDED COFFEE, DECAF, TEA, SODA AND CHOCOLATE.**