



STRESS ECHOCARDIOGRAM

Your doctor has scheduled you for a Stress Echocardiogram at our **Granite City office located at 2118 Washington Ave., Granite City, IL** on

_____ at _____ am.

DURING THE TEST:

An echocardiogram will be done of your heart. The technician places gel on your chest and then uses 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.

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 lunch as long as it is not greasy.

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

Please take diabetic medicine if you are diabetic.

DO NOT TAKE ANY OTHER MORNING MEDICATIONS, BUT PLEASE BRING THEM WITH YOU.

DO NOT HAVE CAFFEINE FOR 12 HOURS PRIOR TO THE TEST. THIS INCLUDES DECAFFEINATED DRINKS ALSO.