

## Patient Information Guide for Exercise Stress Echo

Exercise Stress Echo is a test using a combination of cardiac imaging, treadmill walking, vitals monitoring and 12-lead ECG acquisition. The test is used to assess heart function with exercise and determine how well blood and oxygen get through the arteries to the heart muscle. Resting images and additional valve color and measurements are taken before the patient proceeds to the treadmill. Stress testing is then done followed by the client walking on the treadmill until peak heart rate is achieved or otherwise stated by the cardiologist to end the test. The patient is quickly returned to the procedure bed for continuous Echo imaging of peak stress images. This test takes approximately 45 minutes to complete. The cardiovascular technologist (ECG technologist), Cardiologist and Echo sonographer are all present for this test.

### Patient Education

#### What should I do to prepare for the test?

- Wear comfortable, loose clothing, as well as running shoes or good walking shoes.
- You may eat as normal (except for caffeine).
- Do not have any caffeine 2 hours prior to the study.(coffee, tea, soda, chocolate).
- Continue to take your usual medications as prescribed by your doctor unless otherwise stated on the information sheet (beta blockers and calcium channel blockers).
- Please bring a list of your current medications.

#### How long is the test?

- The test takes approximately 45 minutes to complete.

#### What will happen during the test?

- You will be given a complete explanation of the test with time for questions and a verbal consent to begin the test.
- There will be a sonographer, cardiovascular technologist and ordering cardiologist in the room.
- The ECG technician will place electrodes on your chest—your heart rhythm and blood pressure will be monitored throughout.
- The sonographer will ask you to lie on your left hand side on the procedure bed for resting images of function and valve assessment to be obtained.
- During the treadmill test, the cardiovascular technologist will familiarize you with the treadmill and demonstrate how to walk on it. The speed and slope of the treadmill will change every three minutes until a target heart rate (determined

by age) has been reached. The cardiovascular technologist will inform you when the speed of the treadmill is changing.

- Once you have reached your peak target heart rate or the cardiologist has end the treadmill test, you will return to the Echo procedure bed lying on your left side for stress images of wall motion to be obtained for approximately 90 seconds.

