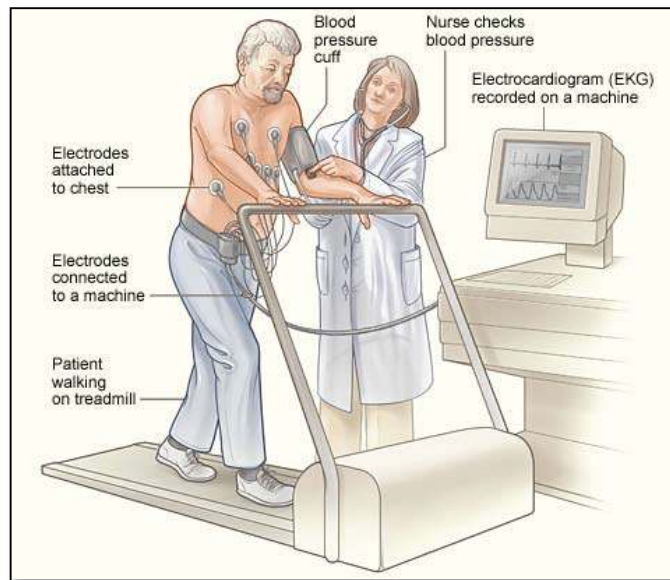




Stress Echocardiogram patient information sheet



A stress echocardiogram involves looking at the heart with ultrasound before and after walking on a treadmill. You will walk on the treadmill until we reach your target heart rate, usually 2 - 8 minutes depending on your fitness level.

This allows the cardiologist to see areas of heart muscle strength and/or weakness. An area of muscle weakness after exercise may indicate a possible blockage of the coronary arteries. It also gives information about exercise tolerance which has prognostic value. Each procedure is tailored to the patients needs.

Patients scheduled for a stress echo should not eat or drink 4 hours prior to the test (except your medications which can be taken with a sip of water). Wear comfortable clothes and sneakers (this excludes high heels, slippers, flip flops, etc.). We discourage walking on treadmill with bare feet.

APPOINTMENT DATE: _____

APPOINTMENT TIME: _____

PREMIER HEART CARE

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