

EXERCISE STRESS ECHO

This test requires you to exercise on a treadmill while monitored after an initial brief [echo](#) is done to image the heart beating at rest. At peak exercise you will immediately have another set of echo pictures taken to image your heart beating after stress. These images help the cardiologist learn more about heart size and function, including the chambers and valves. This is performed both prior to and after stress testing to improve detection of coronary artery blockages. This test will take approximately *one hour to 1½ hours*.

IN ORDER TO PREPARE FOR A STRESS ECHO TEST:

- **Do not** have anything to **eat or drink** for *three hours* before the study. Regularly scheduled medicines generally should be taken (including within the three hours prior to the study with a sip of water) unless you are specifically told not to by your doctor. Diabetics should discuss with their doctor about their diabetic medications, insulin and eating prior to the test.
- **Wear** or bring loose, **comfortable two-piece clothing and** rubber-soled or **tennis shoes**. NO body lotion, cologne or perfumes on your chest the day of your exam.
- You will be asked to sign a [consent](#) form (see below, page 3).

Exercise Stress Echocardiography involves exercising on a treadmill while you are closely monitored. Ultrasound pictures of the heart will be taken before and after exercise. The test is used to*:

- determine how well your heart tolerates activity and your level of fitness;
- evaluate the function of your heart and valves;
- determine your likelihood of having coronary artery disease (blocked arteries);
and
- evaluate the effectiveness of your cardiac treatment plan.

*While these are the most common reasons, other reasons might obviously lead to appropriate testing.

Please have nothing to eat or drink after midnight if your study is before 11:00 in the morning. If your study is scheduled for 11:00 or later you may have a light breakfast before 7:00 AM.

Please take your usual medications unless instructed by your physician.

NOTE: Do not discontinue any medication without first talking with your physician.

EXERCISE STRESS ECHO (continued)

What should I wear the day of the test?

Wear comfortable clothes. Bring shoes suitable for walking. Do not bring valuables.

What happens during the test?

Your exercise stress test will take place in the Stress Lab. First, a nurse or technician will gently rub several small areas on your chest and place electrodes (small, flat, sticky patches) on these areas. The electrodes are attached to an electrocardiograph monitor (EKG) that charts your heart's electrical activity during the test.

Before you start exercising, the technician will perform a resting EKG, measure your resting heart rate and take your blood pressure. The technician will ask you to lie on your left side on an exam table so he or she can perform a resting echocardiogram (also called an "echo"). An echocardiogram is a graphic outline of the heart's movement created from ultrasound vibrations echoed from the heart's structures. The technician will place a hand-held wand (a scanning device called a transducer) on your chest with some gel so the physician can see the outline of the heart's movement. This should not hurt. After the echo test, you will exercise either on a treadmill.

Under your doctor's supervision, the lab personnel will ask you to start exercising and gradually increase your rate of exercise. You will be asked to exercise very hard until you are exhausted. At regular intervals, the lab personnel will ask how you are feeling. Please tell them if you feel chest, arm or jaw pain or discomfort, short of breath, dizzy, lightheaded or if you have any other unusual symptoms. The lab personnel will watch for any changes on the EKG monitor that suggest the test should be stopped. When you can not exercise any longer, you will get off the treadmill and quickly return to the exam table and lie on your left side so the technician can perform another echocardiogram. Your heart rate, blood pressure and EKG will continue to be monitored after exercising until the levels are returning to normal.

How will I feel during the test?

You will be encouraged to exercise until you are exhausted. It is normal for your heart rate, blood pressure, breathing and perspiration to increase. This information will allow your physician to assess your heart's ability to function. As you stop exercising suddenly, it is normal to feel a little unsteady when getting off the treadmill and onto the exam table for the echocardiogram. You will be helped over to the exam table so that imaging of the heart can begin as quickly as possible. If you begin to notice chest discomfort, excessive shortness of breath, lightheadedness, irregular heart beats or other symptoms of concern, tell the stress lab personnel immediately.

How long does the test take?

The appointment will take about one hour.

For more on stress testing visit:



<http://www.cardiosmart.org/HeartDisease/CTT.aspx?id=890>

If you have any questions about the above test that your doctor has recommended for you or you are scheduled for, please feel free to call our office at (310) 659-0714 or visit our website at www.CORMedicalGroup.com

Thank you



Jeffrey F. Caren, MD, FACC
Mark K. Urman, MD, FACC, FASE
Diplomates American Board of Internal Medicine & Cardiovascular Diseases

Cedars-Sinai Medical Office Towers
8635 West Third Street, Suite 890W
Los Angeles, California 90048
310.659.0715

CONSENT FOR TREADMILL STRESS TEST

The exercise treadmill stress test is a tremendously useful way to assess the condition of your heart and circulatory system. It is a very routine and safe test. However, extremely rare potential complications, while highly unlikely, are possible and you should be aware of this possibility. These include (but are not limited to) irregular heart beats (arrhythmia), heart attack, cardiac arrest, or muscular or skeletal injuries.

A physician is in attendance in the office during all exercise stress tests to help insure the highest degree of safety.

Your signing of this form indicates that you have read and understand the above, feel you have had all your questions and concerns answered and agree to proceed with the test.

Signed: _____

Date: _____

Witness: _____