



# Salt Lake Regional

## MEDICAL CENTER

1050 E. South Temple. SLC, UT | [www.saltlakeregional.com](http://www.saltlakeregional.com)

### STRESS ECHOCARDIOGRAPHY

Instructions for all Stress Test Patients

#### What is Stress Echocardiography?

Stress echocardiography, (ECG or EKG), is an imaging test. The resulting image, called an echocardiogram, shows the structure and movement of the heart. Images are taken before and after the heart is stressed to increase heart rate. By comparing images, your physician can see changes in the way your heart muscle works. The images can be used to find a blocked coronary artery or to evaluate the effects of a procedure. Exercise is usually used to increase heart rate, but medication is sometimes used instead. The procedure takes approximately 1 hour to complete. Please take note of the following information:

- Arrive 15 minutes early to complete paper work - Please bring your insurance card
- Wear comfortable clothing (short-sleeved tops are best), and shoes.
- DO NOT eat or smoke the morning of the test. (If Diabetic, eat a light breakfast, i.e. yogurt, fruit, etc.)
- Drink as much water as you'd like
- Stop taking certain medications the day of the test as directed by your physician
- NO CAFFEINE for 24 hours before the test. This includes coffee, decaf, tea, coke or chocolate.

#### What to expect?

During Stress Echo, electrodes will be placed on your chest for an electrocardiogram (ECG). This test records the pattern of your heartbeat. The technician then places a transducer at several sites on the left side of your chest. While you lie on an exam table, images of your heart at rest are recorded. Your blood pressure is also monitored.

Next, you will walk on a treadmill or pedal a stationary bike. Your blood pressure and heart rate will be monitored. Right after you stop exercising, a second set of heart images is recorded. The physician then compares the sets of images to learn more about the way your heart functions at rest and after exercise.

If your health prevents you from exercising, a medication called dobutamine can be used to increase your heart rate. This medication is given through an IV line placed in your arm. Once the medication has taken effect, images may be recorded every 2 to 3 minutes.

#### Report Any Symptoms

Tell your physician if you feel any of the following during the test:

- Pain in your chest, arm, or jaw
- Irregular heartbeat
- Shortness of breath
- Dizziness or headache
- Fatigue

**After the test** a cardiologist will look at the images of your heart and send a report to your Primary Care Physician. Your physician's office will contact you with the results. You can return to your normal routine. Ask your physician about resuming any medication you were told to skip before the test.