



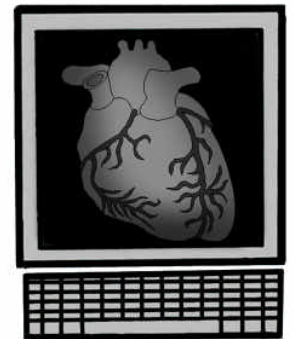
STRESS ECHO TEST Information

MIDDLESEX CARDIOLOGY ASSOCIATES, P.C.

STRESS ECHOCARDIOGRAPHY TEST

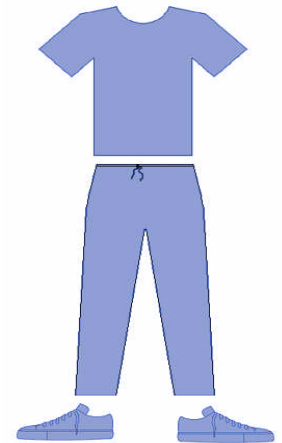
WHAT IS IT?

A Stress Echo Test is an exam that helps your doctor see how well your heart pumps during exercise. Sound waves are bounced off your heart to create images of your heart before and after exercise. A comparison of the before and after images tells the doctor if your heart is getting enough blood to meet the increased demand for oxygen during exercise (stress).



HOW IT WORKS:

During the test a transducer (a small device that produces sound waves) is placed on your chest before and after you exercise. Sound bouncing off of your heart produces images on a video screen. The doctor will compare the before and after images to see how your heart responds when you exert yourself.



BEFORE THE TEST:

Wear a two-piece outfit and shoes that will be comfortable as you exercise.

Please fast for 4 hours. If you are scheduled early in the morning, you need to fast after midnight, unless you get up very early and FINISH a light breakfast 4 hours before you test. You may have as much water as you want, but no coffee (including decaf), tea or soda. If you are a diabetic, and are coming in before noon, take 1/2 your normal insulin dose. If you feel like your blood sugar is dropping, you may have some juice.



Our office will call you the working day before the test to remind you of your appointment, and to give you instructions. You may be advised to stop any medications for the test.

DURING THE TEST

You will be asked to undress from the waist up. Women will be given a gown to wear.

The transducer will be placed on your chest to record images of your heart before you exercise.

Your heartbeat will be recorded by painless electrodes placed on your chest, and your blood pressure will be recorded.

Next you will be asked to walk on a treadmill to increase your heart rate.

After you exercise the transducer will again be placed on your chest to record images of your heart after exercising.

The entire test will take approximately 1-2 hours.



TEST RESULTS

In some cases your doctor may be able to discuss the results of the test with you during your visit. Often, your doctor will discuss the results of the test after you leave with your regular physician who will then discuss the results with you.

PLEASE NOTE:

A Stress Echo Test is painless and non-invasive. There is little risk involved. Your doctor will discuss any possible risks of exercise with you. Let your doctor know immediately if you experience any pain or discomfort during the test, or if you become short of breath, dizzy or fatigued.

Inform your doctor if you are taking any medications.

Please call if you have any questions: 860-347-4258

This handout is not a substitute for the professional advice of a physician. Please consult your physician for more information on this procedure.