

Exercise (Treadmill) Stress Echocardiogram

This test will show how your heart muscle works when you are resting and when your heart is stressed. Pictures will be taken of your heart using ultrasound. You will exercise on a treadmill, and another set of pictures will be taken when your heart is in a “stress” condition.

How to get ready for the test:

12 hours before the test:

- Do not eat or drink anything with caffeine. No pop, coffee, decaf coffee, tea, energy drinks, or chocolate.

4 hours before the test:

- Do not smoke or use anything with nicotine. This includes vaporizers, e-cigarettes, nicotine gum, or smokeless tobacco. Remove any nicotine patches.

3 hours before the test:

- Do not eat or drink anything. It is okay to take most medicines with sips of water (see list below about medicine to avoid). If you are diabetic, talk with your doctor about what to eat and taking your medicine or insulin.

Day of the test:

- Wear comfortable clothes. You will be asked to remove clothing from your waist up. You will be given a hospital gown to wear.
- Do not use body lotions, oils or powders.

Check with your doctor about what medicines you should take before the test.

You should NOT take the following medicines unless your doctor tells you to:

48 hours before test:

- Medicines for erectile dysfunction: Cialis[®], Levitra[®], sildenafil, Stendra[®], Viagra[®]

24 hours before the test:

- Beta blockers: atenolol (Tenormin[®]), carvedilol (Coreg[®]), metoprolol (Lopressor[®], Toprol[®]), propranolol (Inderal[®])

Day of the test:

- Nitrates: nitroglycerin (Minitran[®], NitroDur[®], Nitrostat[®]), isosorbide dinitrate (Dilatrate[®], Isordil[®], Sorbitrate[®]), isosorbide mononitrate (Ismo[®], Imdur[®], Monoket[®])

What to expect:

1. An IV will be started. A contrast medicine called Definity® may be given through your IV. This medicine helps to give a clear image of your heart.
2. You will lie on your side while a resting echocardiogram is done.
3. The next part of the test is the stress test. You will exercise on a treadmill during this part. It will start very slowly and increase in speed and rise every 3 minutes. The treadmill will be stopped when you reach the heart rate that is determined for you based on your age, or become too tired to continue exercising. You will be asked to quickly return to the bed and lie on your side. Another echocardiogram will be done as soon as you have completed the exercise. Your heart rate and blood pressure will be monitored before, during, and after the test.
4. Once your heart rate returns to a resting level a final echocardiogram will be done.
5. Total test time is approximately 1 hour.
6. A cardiologist will review the test. You will get results from the doctor who ordered the test.

If you have any questions about your test, contact the facility where your test is scheduled.

Bronson Methodist (Kalamazoo): (269) 341-6269

Bronson Battle Creek: (269) 245-8091

Bronson Lakeview: (269) 657-1495

Bronson South Haven: (269) 639-2796