

MORRIS

Cardiovascular and Risk Reduction Center

Stress Echocardiogram

A Stress Echocardiogram, sometimes called a stress or exercise echo, is a tool used to evaluate heart function by combining an exercise (stress) test with a transthoracic echocardiogram. A stress echocardiogram uses ultrasound waves to produce images of the heart both before (sometimes during) and immediately following exercise. Images of the heart at rest are compared with images of the heart during and/or after exercise to evaluate how the heart responds to exercise. A stress echocardiogram is most often requested to check for good blood flow to the heart. An ECG may help to provide an early detection of coronary artery blockage.

An echo is a safe and painless, noninvasive procedure that takes pictures of the inside of the body using sound waves. It is also called ultrasound scanning or sonography, and involves the use of a small transducer (probe) and ultrasound gel placed directly on the skin. Ultrasound examinations do not use ionizing radiation (as used in x-rays), thus there is no radiation exposure to the patient. Because ultrasound images are captured in real-time, they can show the structures and movement of the body's internal organs, as well as blood flowing through blood vessels.

PLEASE FOLLOW THESE GUIDELINES FOR THE DAY OF YOUR EXAM:

1. If you are unable to make your scheduled appointment, please call the office *AT LEAST* 24 hours prior to your test
2. Please arrive 15 minutes before your scheduled time and bring your insurance card and picture id to the front desk upon check in
3. Do not eat anything **2 hours** prior to your test. You may have juice or water at anytime. Consult your doctor if you are a diabetic, and are worried about your blood sugar.
4. Take all medications as prescribed; Bring all medications (or a list) with you
5. Wear comfortable walking shoes and two-piece clothing (without metal snaps)
6. Do not wear jewelry
7. Friends/family are welcomed to accompany you to the office but are not allowed in the testing area due to our privacy policy
8. Allow approximately 90 minutes for the test
9. Test results will be communicated to you by your physician