



ACCREDITED CARDIOLOGY OF ARIZONA



Patient Information Sheet Stress Echo Test

PATIENT NAME: _____

DATE & TIME SCHEDULED: _____

You are scheduled for a **Stress Echocardiography Test**:

Medications: Do not take any Beta Blockers, Calcium Channel Blockers or Nitrates the night before or the day of the test. All other medications take as scheduled.

Clothing: Wear loose-fitting clothes and comfortable walking shoes.

Eating or drinking restrictions: Please do not eat or drink 4 hours prior to your test (except to take routine medications).

Summary of the Stress Echocardiography

Diagnostic Test: Stress echocardiography, or stress echo, is an exercise test that helps your doctor see how well your heart pumps when made to beat harder. Harmless sound waves bounce off your heart. These sound waves show the structure and movement of your heart before and immediately after exercise. By comparing the images taken before and after exercise, your doctor can see any changes in the way your heart muscle works when under the strain of exercise. This tells your physician whether your heart is getting enough blood to meet its increased demand for oxygen.

Echocardiography (Part 1):

Our echocardiography technician will perform a brief and painless echocardiography. During this part of the test a transducer (a small device that produces sound waves) is placed on your chest. The sound waves bounce off your heart and are changed into images on a video screen.

Stress Portion (Part 2):

You will be asked to walk on a treadmill under the supervision of the physician and a technician. As in a regular stress test, ECG electrodes will be attached to your chest. This will allow the physician to monitor your heart rate before, during and after you have exercised. A blood pressure cuff will also be placed on your arm to monitor blood pressure before, during and after you have exercised. Exercising will begin slowly, and approximately every three minutes, the pace will gradually increase. As you exercise, your heart rate and blood pressure will change. This is normal and remember, you are being closely monitored throughout the exam. You will be asked repeatedly to communicate any concerns before, during and after the test.

Echocardiography (Part 3):

Another echocardiography study will be performed and the results captured on the video recorder.

Beta Blockers

Atenolol (Tenormin)
Metoprolol, Toprol XL
(Lopressor)
Nadolol (Corgard)
Pindolol (Visken)
Timolol (Blocadren)
Acebutolol (Sectral)
Propranolol (Inderal)
Sotalol (Betapace)
Ziac
Kerlone

Calcium Channel Blockers

Nifedipine (Procardia)
Nicardipine (Cardene)
Diltiazem (Cardizem)
Dilacor XR
Verapamil
(Calan, Isoptin)
Isradipine (Dynacirc)
Felodipine (Plendil)
Amlodipine (Norvasc)
Adalat
Bepidil
Diltiazem
Sular
Tiazac
Covera

Nitrates

Ismo
Isordil
Isosorbide
Nitrobid
Nitro-Dur
Nitropatch
Imdur

Diabetic

Patients: Please call the office and speak with staff for recommendations on taking insulin or other oral agents prior to the study.