



Stress Echocardiogram

An echocardiogram is a test that uses ultrasound to examine the structure and function of your heart. This test will involve taking ultrasound pictures of your heart before and after exercise.

Please do not use any lotions, powders, etc., the day of your exam. You may wear deodorant. You may have a light meal two hours prior to the test. Avoid caffeine the day of the exam. Wear a comfortable two piece outfit and rubber soled shoes for exercising on the treadmill.

You may need to stop certain medications. Please make sure to tell your provider all of the medications you are currently taking.

If you are a new patient to our office, please arrive at least 30 minutes prior to your scheduled test time to fill out new patientttt paperwork. If you are an established patient, you may arrive approximately 15 minutes before your exam.

Appointment Date: _____

Appointment Time: _____ AM / PM



Bleeding

- If the site oozes blood, lie down and apply a 5lb bag of flour for 30 to 40 minutes then remove it.
- If site continues to bleed, go to the Emergency Room.
- For up to 10 days post-procedure, observe for internal bleeding at the catheter site as follows:
 - Increased swelling and tenderness
 - Shooting pain, numbness, tingling of the catheter site limb.

Diet

- All patients need to follow a low-cholesterol, low-fat diet from the American Heart Association (www.americanheart.org).
- If you are diabetic or need to lose weight, additional dietary consultation can be provided. We recommend careful follow-up of Hemoglobin A1C. This lab will give you an average of your glucose level for a month.

Smoking

- If you are smoking, you need to speak with your family physician regarding a smoking cessation program. You should not smoke for the rest of your life!

Exercise

- We encourage regular aerobic activity and would recommend that you build up to 30 to 40 minutes of continuous activity at least 5 days a week.
- Activities may consist of walking, bicycling, or swimming. If you haven't recently exercised regularly, we recommend starting at 5 minutes a day and increasing by 5 minutes a week.
- Walking should be on level ground, generally at a pace of 3 to 4 miles per hour.
- Physical activity improves blood circulation throughout your body (lungs, heart, and other organs and muscles work together better).
- Physical activity also helps you handle stress, release tension, relax, and sleep.

General Instruction

- If in doubt, call your doctor or call your cardiologist.