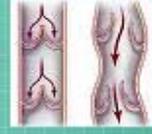




Heart and Vein Center

Rodolfo D. Farhy MD, FACC, FAHA, PLLC



Exercise Stress Echocardiogram

What is an exercise stress echocardiogram?

A “stress echo” is an ultrasound of your heart at rest compared to that of your heart after exertion. It allows the physician to evaluate how well your heart functions when it is forced to work harder.

What happens during the test?

Several adhesive electrodes will be placed on your chest to record the electrical activity of your heart during exercise (this is an EKG). First, you will have a “resting” echo performed. Once that has been completed, you will walk on the treadmill, which increases in speed and inclination every 3 minutes. Once you have reached your target heart rate, the treadmill will be stopped and the “stress” echo will be performed.

Stress Echo Preparation

DO NOT:

- **Do not** eat a heavy meal at least 4 hours before the test.
A light meal 2 hours before the test is okay.
- **Do not** consume alcohol at least 12 hours before test.
- **Do not** use tobacco at least 4 hours before the test.
- **Do not** use lotion, oil, etc. on your test day.
The EKG patches do not stick well to skin moisturizers.
Deodorant is okay to use.
- **Do not** take **beta-blockers** or **calcium channel blockers** at least 12 hours before the test.
You will stop these the **afternoon before** the test and resume the usual dose **after** the test; you do **not** need to take any extra to make up for the missed dose.
 - ❑ **Common Beta-Blockers:** Acebutolol, Atenolol, Betapace, Coreg, Corgard, Corzide, Inderal, Inderide, Innopran, Levatol, Lopressor, Metoprolol, Nadolol, Normodyne, Pindolol, Propanolol, Sectral, Sotalol, Tenoretic, Tenormin, Timolol Maleate, Timolide, Toprol, Trandate, Zebeta
 - ❑ **Common Calcium Channel Blockers:** Calan, Cardene, Cardizem, Cartia, Covera, Dilacor, Diltiazem, Dynacirc, Ioptin, Tarka, Tiazac, Verapamil, Verelan

DO:

- Allow **approximately 60 minutes** for the test.
- **Wear comfortable clothing** including walking or running shoes.
- **Arrive on time** for your appointment.



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Patient:

PATIENT CONSENT FORM

Please sign, date, and mail back to our office!

There exists the possibility of certain events occurring during any form of stress testing. These events include abnormal blood pressure, fainting, abnormal heart rate (too fast, too slow, or ineffective) and very rare instances of actual heart attack. A preliminary examination and close observations during the test allow us to minimize these risks as much as possible. Emergency equipment and trained personnel are present at all times during your test, to deal with these situations, should they arise.

The information that is obtained from your stress test results is privileged and confidential and will not be released or revealed to any person (except your treating physicians) without your written consent. The information obtained may be used, however, without your actual identification being revealed, for a statistical or scientific purpose.

Date of Appointment:

Time:

I have read and understand the previous explanations of the test preparations, risks, and confidentiality pertaining to my scheduled stress test. I am also aware that **there is a \$250.00 charge if I do not cancel or reschedule my appointment at least 24 business hours prior to my scheduled appointment.**

Patient Signature

Date

Rodolfo D. Farhy, MD, FACC, FAHA