

A Stress Echocardiogram incorporates a treadmill test along with imaging of the heart, utilizing ultrasound (sound waves). The test will help your doctor determine if there are areas of your heart that do not receive enough blood supply due to coronary artery disease. Areas of your heart that may have been damaged from a previous heart attack may also be seen. Ultrasound images will be obtained before and immediately after exercise on a treadmill. During the treadmill, you will be continuously monitored for blood pressure, heart rate, rhythm and ECG changes.

Patient Instructions:

1. Do not eat or drink anything 2 hours prior to the test — unless you are diabetic.
2. If you are diabetic, eat a light breakfast and take your insulin.
3. On the morning of your appointment, take all your regular medications, unless otherwise instructed by your physician, except drugs containing theophylline (do not take, but bring with you) and the drugs listed below.

Acebutolol	Coreg	Nadolol	Toprol
Atenolol	Inderal	Normodyne	Trandate
Bystolic	Labetalol	Propranolol	Zebeta
Carvedilol	Lopressor	Sectral	
Corgard	Metoprolol	Tenormin	

** If your doctor specifically tells you to take any of the medications listed above before the test, you may do so with a glass of water.

4. Wear 2-piece clothing and comfortable shoes. No “flip flop” type shoes.
5. Your physician will be notified of the results.

If you need to reschedule your appointment, please call 904.202.3111. If you have any questions about your test or your test instructions, please call the physician’s office that referred you for the test.