

# Stress Echo

## You Have An Appointment For A Stress Echo:

Date: \_\_\_\_\_

Time: \_\_\_\_\_

Location:

Belmond

Clarion

**For questions or more information,  
call 641-444-5671 for Belmond  
or 515-532-9351 for Clarion.**



**Iowa Specialty Hospital**

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### Locations

#### **Belmond**

403 1st Street Southeast  
Belmond, Iowa 50421  
Phone: (641) 444-3500

#### **Clarion**

1316 South Main Street  
Clarion, Iowa 50525  
Phone: (515) 532-2811

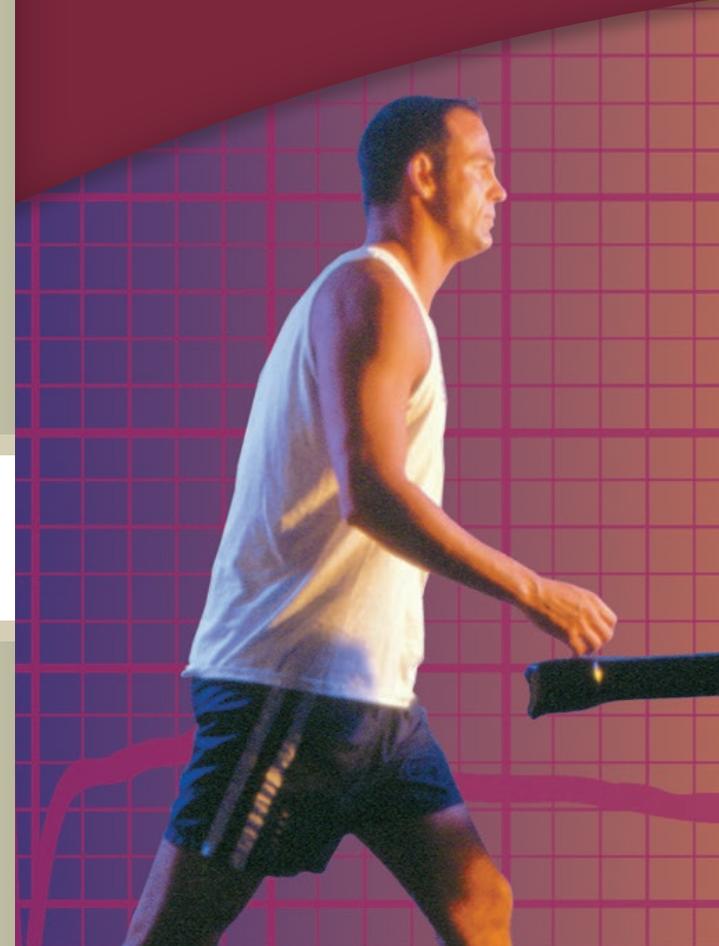
**844-ISH-4321**

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## What is a Stress Echo?

A stress echo is a test that combines an ultrasound study of the heart with an exercise test. The test allows doctors to learn how the heart functions when it is made to work harder. This test is especially useful in diagnosing coronary artery disease, the presence of blockages in the coronary arteries.

## What Does it Show?

During the test, a small device called a transducer is held against the chest. The transducer sends ultrasound waves that reflect off the various parts of the heart. The echoes are converted into moving images of the heart. These images are displayed on a television screen and are recorded on videotape. The test is first done at rest, then during or immediately after an exercise test. Doctors then compare the image. Normally, all areas of the heart muscle pump more vigorously during exercise.

If an area of the heart muscle does not pump as it should during exercise, this often indicates that it is not receiving enough blood because of a blocked or narrowed artery. The exercise portion shows doctors which areas of the heart muscle do not receive an adequate blood supply. However, it does not provide images of the actual coronary arteries. If your doctor suspects blocked or narrowed arteries, he or she may recommend additional tests.

## What Happens During the Test?

The exercise stress test will be performed in the Cardiopulmonary department at the hospital. The test is divided into three parts: First, a resting echocardiogram is performed. Next, you will walk on the treadmill. Then, another echocardiogram is performed while your heart is still beating rapidly.

## How Long Does it Take?

You should allow one and a half to two hours which includes preparations for the test, the exercise portion, and the imaging portion.

## Is it Safe?

The test is very safe. There are no known risks from the ultrasound waves. The exercise test is also safe. A small amount of risk does exist, however, because it stresses the heart. Possible, but rare complications include abnormal heart rhythms and a heart attack. Experienced personnel are available to handle any emergency.

## The Results

The doctor conducting the test may be able to give you preliminary results before you leave. A complete interpretation may take several days.

The information gained from this test helps your doctor make an accurate diagnosis and develop a treatment plan that's best for you.

**For more information, please contact the Cardiopulmonary Department.**

## Preparing for the Test

DO NOT EAT OR DRINK FOR 3 HOURS PRIOR TO THE TEST.

This will prevent the possibility of nausea, which may accompany vigorous exercise after eating. If you are diabetic and take medications for diabetes, get special instruction from your doctor.

IF YOU ARE CURRENTLY TAKING ANY HEART MEDICATIONS, CHECK WITH YOUR DOCTOR.

He or she may ask you to stop certain medications a day or two before the test. This can help get more accurate test results.

WEAR LOOSE, COMFORTABLE CLOTHING THAT IS SUITABLE FOR EXERCISE.

Men usually don't wear a shirt during the test, and women generally wear a lightweight blouse or a hospital gown. You should also wear comfortable walking shoes or sneakers.

SEVERAL ELECTRODES WILL BE PLACED ON YOUR CHEST.

These will be used to obtain an electrocardiogram, a recording of your heart's electrical activity. A blood pressure cuff will be applied to your arm.