



Stress Testing

Overview:

These tests are designed to determine if the heart is receiving an adequate blood supply or, if you may be at risk for a heart attack.

Preparation:

Do not eat heavy before the test; a snack or light meal is acceptable. Eating or drinking excessively prior to the test may make you uncomfortable.

Do not drink caffeinated products **24 hours** prior to the test.

Must wear tennis shoes. No flip-flops, sandals. high-heels.

Do not apply lotions or perfumes the morning of your test.

DO NOT TAKE THE FOLLOWING MEDICATIONS FOR 24 HOURS PRIOR TO THE TEST:

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|-----------------------------------|------------------------------------|
| * Atenolol / Tenormin / Tenoretic | * Bisoprolol / Zebeta / Ziac |
| * Toprol / Metoprolol / Lopressor | * Timolol / Blocadren |
| * Propranolol / Inderal | * Acebutolol / Sectral |
| * Carvedilol / Coreg | * Betaxolol / Kerlone |
| * Sotalol / Betapace | * Labetalol / Trandate / Normodyne |
| * Nadolol / Corgard / Corzide | * Pindolol / Visken |
| * Nebivolol / Bystolic | |

Treadmill Stress Test

This test is designed to have the patient reach their maximum heart rate while walking on a treadmill. The test consists of 3-minute stages in which the treadmill speed and incline increase. The patient's EKG, heart rate and blood pressure are monitored throughout the test.

Time to complete test: 1 hour

Stress Echocardiogram

This test consists of resting ultrasound imaging of the heart, followed by a treadmill stress test. Upon completion of the treadmill portion of the test, a second set of ultrasound images are taken. Your physician will interpret the test by comparing the pre- and post-images.

Time to complete test: 1 hour

Dobutamine Stress Echocardiogram

An IV catheter is inserted into the hand/arm. A medication, by the name of Dobutamine, is infused. This medication will increase the heart rate, simulating exercise (you will not be walking on the treadmill). An EKG will be monitored during the test. Ultrasound imaging will be done before, during and after the test.

Time to complete test: 1 hour (arrive ½ hour prior to test to have IV catheter inserted)

Test Results:

The physician will provide your stress test results at your next visit, once all testing has been completed. Make sure you have a follow-up appointment scheduled with your doctor.

Please be advised, for safety reasons, children are not allowed in the testing area.

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