



Stress Echo Test

A Stress Echo Test is done to evaluate the adequacy of blood supply to the heart muscle. This test has greater accuracy in detecting significant coronary artery disease than an exercise treadmill test only. Comparisons of the resting and exercise images will assist in determining if your heart muscle is getting adequate blood supply.

The Exam

- You will be asked to sign a consent form giving permission for the test.
- The skin on your chest where the electrodes will be placed will first be prepared with abrasive lotion. Male patients: your chest will be partially shaved. This is done to ensure the electrodes make good contact, so we can accurately monitor your heart's rhythm.
- Resting pictures of your heart will be taken using ultrasound waves (echo).

Treadmill

- You will then walk on the treadmill.
- Your blood pressure, heart rate and EKG will be monitored during the test.
- Immediately following the exercise, you will be asked to quickly lay on your left side so post-exercise images can be taken.

Optison

A blood product may be used to increase the imaging of the echocardiogram. An IV will be started to administer the Optison, which is a blood product. If you are allergic to blood, blood products or Albumin, let your doctor know **prior** to the test.

- After completion of the stress echocardiogram, you will be able to go home (or back to your room) without restrictions. A specially trained cardiologist interprets the stress echocardiogram, and the results will be sent to your doctor within a couple of days.

Questions about your Stress Echo Test? Call 320-632-2301.