



Stress Echocardiogram

Your doctor has scheduled you for an Exercise Echocardiogram. This is a test that combines an ultrasound study of the heart with a stress test. It allows doctors to learn how the heart functions when it is made to work harder.

Your test will be on _____ at _____.

The test is divided into three parts: *First, resting echo study is done. *Next, you will walk on a treadmill. *Then, another echo is done while your heart is still beating rapidly.

Preparing for test:

1. Do not eat for **3 hours prior** to the test. This will help prevent the possibility of nausea which may accompany vigorous exercise after eating.
2. Take medications as prescribed unless otherwise directed by your physician.
3. Avoid any strenuous physical activity on the day of the test.
4. Wear loose and comfortable clothing that is suitable for exercise. Men usually don't wear a shirt during the test; women wear a gown.
5. Wear comfortable walking shoes.

Approximate time test will take: Two Hours

Locations:

Lansing - Greenlawn Professional Building, 405 W. Greenlawn, suite 400 - Telephone 517-492-8449

Owosso - 300 Health Park Drive * Suite 301 - Telephone 989-723-3613

If you have any questions or are unable to keep this appointment, please call our office.