

Stress Echocardiogram



Interior Health
Every person matters

Patient Information

www.interiorhealth.ca

What is a stress echocardiogram?

A stress echocardiogram is a test used to check how well your heart is working. The test uses sound waves (ultrasound) to take pictures of your heart before and after exercise. You will be asked to walk or run on a treadmill to increase your heart rate. While you're on the treadmill, a cardiology technologist will monitor your heart rate, blood pressure and heart symptoms.

Why did my doctor order a stress echocardiogram?

A stress echo is ordered to determine how well your heart functions during stress (i.e. while exercising on a treadmill). The purpose of the test is to:

- Determine your exercise tolerance
- Check your heart function
- Check the valves in your heart

How long with the procedure take?

The procedure will take approximately 1 hour. The procedure length depends on how long you walk or run on the treadmill.

Preparation for the procedure

- Please wear comfortable clothing and shoes for exercise (i.e. shorts or pants and running shoes)
- No smoking on the day of the test
- No eating or drinking for 2 hours prior to the test
- You may take medications with sips of water

What to expect after the procedure

- You will be monitored in the department until your heart rate and blood pressure have returned to normal
- There are on other post procedure care instructions following a stress echo

Healthlink BC	Nurse	24 hours a day	Daily	<i>Call 8-1-1 to speak with a nurse, ask a dietitian about nutrition, or a pharmacist about your medication.</i>
Call 8-1-1	Dietitian	9 am–5 pm	Mon–Fri	
	Pharmacist	5 pm–9 am	Daily	
www.healthlinkbc.ca	Hearing Impaired	Call 7-1-1		