

## Stress Echocardiogram (Stress Echo)

A Stress Echo involves walking on a treadmill to increase your heart rate and the squeezing function of your heart. Images of your heart are acquired at rest, prior to walking on the treadmill and again after the exercise. This is done by placing a transducer on your chest that emits sound waves (Echocardiogram). This exam allows the physician to evaluate heart function, valve function, and blood flow to your heart muscle.

### Registration

- Arrive 15 minutes before your exam to register.

### Exam preparation

- Come fasting (no food or drink) 4 hours prior to your exam.
- Do not take Beta blocker medications 24 hours prior to your exam. (*Atenolol, Metoprolol, Toprol, Carvedilol, Coreg, Tenormin, Lopressor, Bystolic, Propranolol & Digoxin*)
- **This is a strenuous and vigorous exercise test. You must be able to walk at a brisk pace to a slow jog on a treadmill without impairment (knee, hips, balance). You must be able to walk long enough to achieve your target heart rate. Conclusive study results will not be achieved otherwise.**

### During the exam

- You will undress from the waist up and put on a gown.
- We will cleanse areas on your chest with alcohol and place small patches (Electrodes) on your chest to record the electrical activity of your heart.
- The Sonographer will then take pictures of your heart with ultrasound. This involves placing a probe on certain areas of your chest. Gel is used to acquire the images.
- You will walk/jog on the treadmill until your target heart rate is reached. Your target heart rate is based on your age. The treadmill starts slowly (1.7mph) and at a 10% incline. It will get steeper and faster every three minutes.
- After we achieve your target heart rate we will stop the treadmill. You will quickly lay down on the bed and ultrasound images will be obtained again as your heart is squeezing faster and stronger.
- We will monitor you until your heart rate and blood pressure return to normal.

### After your exam

- You can return to normal activity as soon as we finish the exam.
- Be sure to keep your follow up appointment to go over the results with your physician.

### Exam results

A cardiologist will interpret your exam and a report will be generated and sent to your referring physician. If you don't hear from your doctor within 1-2 days then you may contact them for the results.

### Billing

- Verify your coverage and financial responsibility with your insurance provider before your exam.
- The billing for this procedure will show as two separate charges, one for the procedure and one from the physician who interprets it.

### Questions

- If you have any questions please contact your providers office. For Dr. Haws please call 801.965.3695. For Dr. Brown please call 801.262.1771, select option 2, then ext. 123.