

INFORMATION FOR YOUR TREADMILL STRESS ECHOCARDIOGRAM

WHAT IS A TREADMILL STRESS ECHOCARDIOGRAM?

The treadmill stress echocardiogram, or echo, involves exercising on a treadmill while you are closely monitored. Echocardiographic images (ultrasound) are taken of the heart before and immediately after you exercise. A microphone-like device called a transducer is placed on your chest and sends out ultrasound waves that bounce off the heart to produce images of the heart. This stress test is used to determine how well your heart tolerates activity, evaluate the function of your heart and valves, determine your likelihood of having coronary artery disease (blocked arteries), and evaluate the effectiveness of your cardiac treatment plan. This test takes approximately 1 ½ hours. This includes the preparation, exercise portion and recovery period for the test. The approximate time you will be on the treadmill is five to 15 minutes, depending on the individual.

PREPARING FOR YOUR TREADMILL STRESS ECHOCARDIOGRAM

- Do not eat four hours prior to your test. Water, juice or uncaffeinated products can be taken up to the time of the test.
- Do not have any caffeinated products 24 hours prior to your test. See attached list for items containing caffeine. Be aware that some over-the-counter medications, such as Excedrin®, may contain caffeine. Please check the label for the ingredients.
- Do not smoke on the day of your test or use any form of nicotine products.
- If you are a diabetic, juice or a light meal is allowed with insulin (half of your normal dose). If you take pills to control your blood sugar, do not take your medication until after the test.
- Please hold the medications on the attached list for 48 hours prior to the test, unless your physician tells you otherwise or unless the medication is needed to treat chest discomfort. All other medications can be taken as usual.
- Water pills, such as Lasix or furosemide, can be held until after the test is completed.
- If you use an inhaler for breathing, bring it to the test.
- Wear loose, comfortable clothes and shoes for walking.
- Please bring all medications to the test.
- Do not apply lotions or powders to the chest.

WHAT HAPPENS DURING THE TREADMILL STRESS ECHOCARDIOGRAM?

- Before the procedure, you will be given an explanation of the test and then asked to sign a consent form.
- Electrodes will be placed on your chest and connected by wires to the EKG machine, which allows for continuous monitoring of your heart rhythm.
- Resting echocardiographic images will be taken with you lying on your left side.
- A nurse or exercise physiologist will supervise your test.
- You will be shown how to use the treadmill.
- The treadmill will start out slowly at first and gradually increase in speed and incline. Every three minutes, the speed and incline will go up.
- Your blood pressure will be checked frequently and your EKG is continuously monitored.
- During the test, if you experience any chest pain, shortness of breath or dizziness, let the nurse or technician know.
- When you reach the point at which you feel that you can not exercise any longer, the treadmill is stopped abruptly, and you will return to the exam table quickly for post-examine ultrasound pictures.
- You will lie on your left side for these pictures.
- After the test is completed, your blood pressure and EKG will be checked until your readings have returned to baseline.

WHEN WILL I KNOW THE RESULTS OF MY TREADMILL STRESS ECHOCARDIOGRAM?

- The final interpretation of the test results will be completed by a cardiologist.
- The physician ordering your test and family doctor will receive a report of the test.

MEDICATIONS TO HOLD

Below, you will find a list of medications that must be held **48 hours prior** to your treadmill stress echocardiogram.

Acebutolol	Corgard®	Nadolol	Tenormin®
Atenolol	Carvedilol	Nebivolol	Timolol
Betaxolol	Kerlone®	Normodyne®	Toprol
Bisoprolol	Labetalol	Penbutolol	Toprol-XL®
Blocadren®	LevatoI®	Pindolol	Viagra®
Bystolic®	Levitra®	Propranolol	Visken®
Cialis®	Lopressor®	Sectral®	Zebeta
Coreg CR®	Metoprolol	Sotalol	

PRETEST INFORMATION

Avoid **caffeine**. Below are examples of products containing caffeine.

DRINKS CONTAINING CAFFEINE

Brewed coffee	Instant tea	Pepsi®	Mr. Pibb®
Instant coffee	Coca-Cola®	Diet Pepsi®	Mellow Yellow®
Decaffeinated coffee	Diet Coke®	Regular colas	Mountain Dew®
Brewed tea	Tab®	Caffeine-free colas	Cocoa
Iced tea	Energy drinks	Dr. Pepper®	

FOODS CONTAINING CAFFEINE

Chocolate candy	Baking chocolates	Chocolate pudding	Brownies
Chocolate-coated candy	Chocolate cake	Chocolate milk	

PRESCRIPTION DRUGS CONTAINING CAFFEINE

Cafergot® (all forms)	Fioricet®	Norgesic™	Synalgos-DC
Esgic (all forms)	Fiorinal® (all forms)	Norgesic Forte™	Wigraine® (all forms)

OVER-THE-COUNTER DRUGS CONTAINING CAFFEINE

Anacin®	Excedrin®	NoDoz®
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