



STRESS ECHOCARDIOGRAPHY Patient Preparation Instructions

_____ Davenport Diagnostic Center
2nd Floor, Genesis Heart Institute
1236 East Rusholme
Davenport, IA 52803
(563) 324-2992

_____ Moline Diagnostic Center
1100 36th Avenue
Moline, IL 61265
(309) 743-6700

Your test is scheduled on: DATE: _____ TIME: _____

- **Please read these instructions carefully. Failure to follow these instructions may require the procedure to be rescheduled.**
- **If you need to cancel or reschedule this test you MUST call 48 hours prior to your appointment time.**
- **If your insurance has changed since the time your test was scheduled, please check with your current insurer to see if test pre-certification is required.**

What is a stress echo test?

A stress echo is an ultrasound procedure that looks at the heart. Images of the heart's movement are obtained. This is performed while your heart is at rest and immediately following a stress test. You will be walking on a treadmill for the stress portion of your test or be given a medication to simulate exercise if you are unable to walk on a treadmill. It will help your doctor determine if there are significant blockages in the vessels that supply blood to your heart.

How to prepare for the test:

- No food or drink 4 hours prior to this test. Sips of water to moisten your mouth are acceptable. If you are a diabetic, please ask your doctor about fasting and taking your diabetic medications.
- Your doctor may ask you to hold the following medication (s) _____ for the indicated number of doses prior to your test: # _____ Doses
- Wear comfortable two-piece clothing. Ladies will be asked to remove their bra for imaging purposes.
- If CVM does not have a current list of your medications, please bring a list of your current medications or your medications in their bottles with you.
- Please allow 1 ½ hours for this test.

Upon arrival at the doctor's office...

A member of our staff will escort you to an exam room, explain the procedure, and ask you to sign a consent form. You will be asked to remove your clothing from the waist up. Women will be provided a cape to wear. A sonographer will place a small amount of gel on an ultrasound probe and evaluate your heart while at rest. EKG patches will be placed on your chest. A stress test will be performed on a treadmill or with a medication that takes the place of a treadmill. Immediately following the stress test the sonographer will evaluate your heart again. In some instances, an IV needs to be placed in the arm so that a medication can be administered to improve the picture quality. When the test is complete you may resume your regular diet and routine. The test usually takes about 1 ½ hours to complete. A copy of the test report will be sent to your physician.