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## Treadmill Stress Echocardiogram

Please read all instructions carefully and follow them exactly as outlined below. Failure to do so may result in the cancellation of your test.

### Preparation

- 1) Please refrain from using lotions and other oily substances that can interfere with contacts.
- 2) Your scheduled test will take place at our office. Please arrange to stay at least 1 hour.
- 3) Do not eat or drink anything for two (2) hours prior to your test. You may have small sips of water if necessary.
- 4) If you are taking a beta-blocker medication (Iopressor, metoprolol, Toprol, Inderal, propranolol, atenolol, Tenormin, Sectral, Zebeta, Coreg, Normodyne, etc.), you may be asked to stop taking this medication 24 hours prior to your test.
- 5) Please wear comfortable clothing and rubber-soled shoes, preferably tennis shoes.

### Brief Description of Test

A treadmill stress echocardiogram is one in which an ultrasound is used, in addition to a standard treadmill stress test, to more accurately determine if there are areas of significant blockage.

The first part of the test involves obtaining images of the heart at rest, using an ultrasound. On the second portion of the test, your heart will be stressed by walking on a treadmill.

During the performance of the test a physician/nurse practitioner will keep under surveillance your pulse, blood pressure, and electrocardiogram. After the exercise is completed, further images of your heart will be obtained to evaluate the heart's function during stress.

*Please call our office with additional questions.*