

To the patient:

Your doctor has requested that a Stress Echocardiogram be performed on you. This is a non-invasive test that utilizes high frequency sound waves to records a moving two-dimensional picture of your heart. Because sound waves are used, there is no exposure to radiation and/or magnetic fields.

Although there is no special preparation needed, you will be walked on a treadmill. Therefore, you should avoid eating a heavy meal in the hours prior to the test (this will help prevent cramps which could decrease your ability to walk on the treadmill).

The main difference between this test and a regular stress test is that prior to walking on the treadmill, we will record an ultrasound picture of your heart from four different angles. After you finish walking on the treadmill, we will again record ultrasound pictures of your heart from the same four angles. The doctor will then compare the two sets of pictures. The results of the test will give the doctors a good idea of whether or not there are any significant blockages in your heart arteries, and the general location of the blockage. The results of this test are immediately available to your physician.