

## EXERCISE ECHO STRESS TEST

Patient: \_\_\_\_\_ Appointment Date: \_\_\_\_\_

Appointment Time: \_\_\_\_\_ am/pm

Location:           Cardiology 1<sup>st</sup> Floor Main Clinic  
                          1230 E Main St, Mankato, MN 56001

### **Please check in at the Cardiovascular Medicine Department.**

The Mankato Clinic requires all patients, caregivers or essential companions to be screened and masked upon entering all of our locations. Please bring a mask with you to your next appointment. If you do not have a mask, one will be provided. If you are unable to keep your appointment or have questions, please call 507-389-8519 as soon as possible.

### **What is a/an Stress ECHO Test?**

Many times, the presence of coronary artery disease (CAD) is easily missed when a person is at rest, because at rest there may be no sign of a problem either on physical examination or on the ECG. In these cases, cardiac abnormalities may become apparent only when the heart is asked to perform at increased workloads. This test takes approximately 1 ½ hours.

### **How do I prepare for the test:**

- Do not smoke 24 hours before the exam. This includes nicotine patches.
- Do not eat or drink anything with caffeine 24 hours before the exam. This includes decaffeinated coffee and all types of tea, soda, chocolate items, Anacin and Excedrin.
- Do not eat or drink anything four hours before the exam. You may take medications with a small amount of water.
- Follow instructions given by your doctor regarding your medications. Please see the attached page regarding any specific medication instructions. Bring a written list of all medicines you take. Be sure to include prescriptions, over-the-counter medicines, herbal and natural products.
- Wear loose, comfortable clothing. Do not wear sandals or open toed shoes. Walking or exercise shoes are recommended.
- Avoid strenuous exercise on the day of the test.
- Please contact your insurance company prior to your appointment to inquire about your coverage. In the event that the Mankato Clinic cardiologist is out of the office, your test will be sent to Minneapolis Heart Institute (MHI) to read the results. You will receive a bill from MHI for reading the results and a bill from the Mankato Clinic for the actual test.

### **What will happen during the test:**

- You will be asked to undress from the waist up. Women will have to remove their bra and will be given a gown to wear.
- The skin will be prepped. Men will be shaved appropriately and the skin will be cleaned with alcohol.
- Fifteen disposable electrodes will be placed on the chest and ECG leads will be attached.
- Baseline ECG's and blood pressures are obtained.
- You will lay on your left side with your left arm raised for the ECHO pictures.
- You will then stand up and begin walking on the treadmill at a slow speed and low incline. Every three minutes the speed and incline of the treadmill will increase.
- ECG's and blood pressures will be taken throughout the test. You will be asked to rate your exertion levels during the test and report any symptoms.
- The test will continue until you cannot keep up any longer because of fatigue or until other symptoms (chest pain, shortness of breath, lightheadedness, or leg pain) prevent further exercise, or until changes in the ECG indicates a cardiac abnormality.
- When the test ends you will be given a five second countdown and the treadmill will come to an abrupt stop. You will then lay back down on the table and ECHO pictures will be taken again.

### **Instructions for after your exam:**

- ECG electrodes will be removed and you will get dressed. After the test you will be monitored until any symptoms disappear and heart rate, blood pressure and ECG's return to normal.
- Your provider will share the results of your test with you at your follow-up appointment. If you do not have a follow-up appointment, your provider may contact you by letter. If not, you may contact your provider's office five to seven business days after your test to obtain results.