

Who should have stress test

Your doctor is still the ultimate person to identify the reasons for stress testing.

Some reasons may include but are not limited to:

1. Chest pain
2. Congestive heart failure or weakness of your heart muscle
3. If you had previous bypass surgery, angioplasty, or stents and have changes in your symptoms.
4. If you reach a specific age and you have significant number of risk factors.
5. And many other reasons as recommended by American Heart Association and American College of Cardiology.

Do you have risk factors?

Age
Smoking
Diabetes
Hypertension
High cholesterol
Strong family history



Cherry Office: (419) 251-3700
Westfield Office: (419) 475-5330
Sylvania Office : (419) 517-8121
Tiffin Office: (888) 202-5751

www.toledocardiology.com
www.toledo-cardiology.com

*Edited by AK
Copyright 2004, by TCC*

Stress Echo

Ultrasound Stress
Testing

**UNDERSTANDING
YOUR TEST**



**Tel. (419) 251-3700
www.toledocardiology.com**

What is the doctor looking for?

1. How well the heart pumps during exercise.
2. To identify areas of heart muscle weakness that could suggest blocked arteries.

What is the test?

- At rest, ultrasound pictures of your heart are done and viewed.
- After this, you will have the stress portion of your test to increase your heart rate with one of the following methods:
 1. Walking on the treadmill
 2. Injecting medicine (called Dobutamine) through an IV
- Immediately following exercise, more pictures will be taken.
- The resting pictures and the exercise pictures will be compared.
- Also the doctor will look at your heart valves to identify any possible problems.

Test Instructions

- Stop eating and drinking minimum for two hours before the test (preferable to stop after midnight if your test in the morning)
- If you are on any of the following medication, please hold them for 24-48 hours before the day of your test (unless your doctor instruct otherwise)
 - Nitroglycerine products like: Isordil, Ismo, Imdur, Nitropatch.
 - Beta blockers products like: Lopressor, Toprol, Inderal, tenormin, Metoprolol, Atenolol, Coreg
 - Calcium blockers products: Norvasc, Calan, Cardizem, verapamil, Verelan, covera.
- If you are diabetic, and your test is in the morning,
 - take half of your usual insulin dose.
 - If you take pills, hold them until after the test
- Wear comfortable clothing and walking shoes

Let your doctor or nurse know:

- If you have Asthma, COPD or breathing problems.
- If you have problem walking less than six city blocks (1/4 mile) in ten minutes.
- If you weigh over 350 lbs (159kg).
- If you have any chest pain with minimal activity within a few days prior to the test.

How long does the test take?

Approximately one (1) hour.