

Getting Your Stress Echo Test

(Exercise Stress Echocardiogram)

What is a Stress Echo Test?

A stress echo test helps your doctor see how well your heart works under stress. You will pedal a bicycle during the test. As you pedal, the resistance increases every minute.

The test has several parts to it. We may only do parts of the test. This depends on your heart rate and how you are feeling. A doctor will look at your results before you leave.

What we will do during the test:

- Watch your blood pressure and heart beat.
- Do an EKG (electrocardiogram).
- Take pictures of your heart before and after you exercise.

What to Do **Before** Your Test

- ✗ Do not eat or drink for 6 hours before your test.
- ✗ Do not exercise for 12 hours before your test.
- ☐ If you are diabetic and take insulin, take only half of your dose. If you are taking a pill, take the whole pill. You may also have dry toast and only 1 cup of orange juice no later than 6 hours before the test. Please call your doctor if you have questions.
- ☐ If you take medicines each day, you can take them with a small sip of water. Your doctor may ask you not to take certain medicines before this test.

On the Day of Your Test

- ☐ Wear loose, comfortable clothes. Wear shoes you can walk fast in.
- ☐ **Please come 30 minutes early.** Come to the Diagnostic Center on the 2nd floor of the hospital.
- ☐ If you need to cancel your test, please call 272-2403.
- ☐ You may need to make a co-pay for this test.

**Be sure to come
30 minutes early!**

Questions? Call Us!

Heart Station
Diagnostic Center, 2nd Floor – South Tower
Phone: 505-272-2403 7:00 a.m. – 5:30 p.m.
After 5:30 p.m. call 272-2111. Ask for the “Cardiology Fellow” on call.

**In case of
emergency
call 911.**



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