



CARDIOLOGY

OF CENTRAL ALABAMA

- **Echocardiogram Stress Testing**

During the procedure:

- The patient is brought to the Echocardiogram lab where a "resting" study is performed. This provides a baseline examination and demonstrates the size and function of various chambers of the heart. Particular attention is paid to the movement of all walls of the left ventricle (LV). Similar to a [regular echocardiogram test](#), electrodes are attached to the chest and shoulders and connected to wires to record the electrocardiogram (EKG). The EKG helps in the timing of various cardiac events (filling and emptying of chambers).
- A colorless gel is then applied to the chest and the echocardiogram transducer is placed on top of it. The technician then makes recordings from different parts of the chest to obtain several views of the heart. You may be asked to move from your back to the left side. Instructions may also be given for you to breathe slowly or to hold your breath. This helps to obtain higher quality pictures. The images are constantly viewed on the monitor.
- 12 leads of the EKG are recorded on paper and the blood pressure is taken. Exercise is then initiated using a treadmill. In patients who are unable to complete a high level of exercise because of physical limitations, stress to the heart is provided by pharmaceutical or chemical stimulation of the heart. Stress Echocardiogram is made up of three parts: A resting Echocardiogram study, Stress test, and a repeat Echocardiogram while the heart is still beating fast.
- Do report it to the nurse performing your test. If you are back to normal you will be released and will be able to drive yourself home.

- **Echocardiogram**

- Please report to the office at the time of your scheduled appointment.



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During the procedure:

- An echocardiogram can be obtained in a physician's office. For a resting echocardiogram no special preparation is necessary. Clothing from the upper body is removed and covered by a gown or sheet to keep you comfortable and maintain the privacy of females. The patient then lies on an examination table.
- Sticky patches or electrodes are attached to the chest and shoulders and connected to electrodes or wires. These help to record the electrocardiogram (EKG) during the test. The EKG helps in the timing of various cardiac events, such as filling and emptying of chambers). A colorless gel is then applied to the chest and the echo transducer is placed on top of it. The echo technologist then makes recordings from different parts of the chest to obtain several views of the heart. You may be asked to move from your back and to the side. Instructions may also be given for you to breathe slowly or to hold your breath. This helps in obtaining higher quality pictures. The images are constantly viewed on the monitor. It is also recorded on photographic paper and on videotape. The tape offers a permanent record of the examination and is reviewed by the physician prior to completion of the final report.



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Echocardiogram:

