



Grand Rapids Cardiology

What to Expect

Stress Echocardiogram

The test takes approximately 1 hour.

A Stress Echocardiogram incorporates a treadmill test along with imaging of the heart utilizing ultrasound (sound waves). The test will help your doctor determine if there are areas of your heart which do not receive enough blood supply due to coronary artery disease. Areas of your heart which may have been damaged from a previous heart attack may also be seen. Ultrasound images will be obtained before and immediately after exercise on a treadmill. During the treadmill, you will be continuously monitored for blood pressure, heart rate, rhythm and ECG changes.

Patient Instructions:

1. Do not eat or drink anything four hours prior to the test.
2. Take all your regular medications, unless otherwise instructed by your physician.
3. Wear two-piece clothing and comfortable shoes.
4. No caffeine 24 hours prior to the test.
5. No smoking 24 hours prior to the test.
6. Your physician will be notified of the results.

If you need to reschedule the test or have any questions regarding these instructions, please call our office at 616-717-5141.