

What is an Exercise Stress Echocardiogram?

An Exercise Stress Echocardiogram helps your doctor determine your cardiac health status. The test involves both exercising on a treadmill and an ultrasound of your heart while you are closely monitored.

The test will provide the following information:

- Determine how well your heart tolerates activity
- Evaluate the function of your heart and valves
- Determine your likelihood of having coronary artery disease (blocked arteries)
- Evaluate the effectiveness of your cardiac treatment plan.

What preparation is required for an echocardiogram?

- It is preferable that you eat a light meal within two hours prior to the test
- Wear light, comfortable clothing (shorts or track pants) and sensible shoes (flat shoes or sandals)

What happens during an Exercise Stress Echocardiogram?

- An ultrasound transducer is moved externally over your chest area. This produces harmless sound waves known as "ultrasound waves", to obtain pictures of the structure and chambers of your heart.
- You will then be required to walk on a motor driven treadmill while your electrocardiogram is observed and recorded by a series of leads that are attached to your chest while you are exercising.
- You will be encouraged to walk on the treadmill strenuously. It is normal for your heart rate, blood pressure, breathing and perspiration to increase. This information will allow your doctor to assess your heart's ability to function.
- You will then move quickly to the bed for a repeat ultrasound while your heart is at its peak rate.

How long does an Exercise Stress Echocardiogram take?

The actual exercise time is usually between seven and twelve minutes. You should allow approximately 45 minutes for the entire test.

Where is the Calvary Cardiac Centre located?

The Calvary Cardiac Centre is located on the ground floor of Calvary Hospital (Lenah Valley Campus). Limited parking is available from the western approach to the Hospital.

Do you require additional information?

If you have any questions or concerns regarding your Exercise Stress Echocardiogram, our qualified staff at the Cardiac Centre will be happy to help you.