

PCI Medical Pavilion
202 10th St. SE, Suite 225
Cedar Rapids, IA 52403
800/982-1959 or 319/364-7101

Jones Regional Medical Center
1795 Highway 64 East
Anamosa, IA 52205
800/982-1959 or 319-481-6213

Regional Medical Center
709 W Main Street, Suite 100
Manchester, IA 52057
800/982-1959 or 563/927-2855

Unitypoint.org/cardiologyclinic

Stress Echocardiogram (ECHO)

What is a Stress Echocardiogram?

An echocardiogram is an ultrasound test that uses high frequency sound waves (ultrasound) to produce pictures of the heart. A stress echocardiogram is used to look at your heart when you are resting and again when your heart is beating very fast during exercise. You will either walk on a treadmill or have a medication infused through an IV to make your heart beat fast.

Why is a Stress Echocardiogram performed?

A stress echocardiogram allows the doctor to see different parts of your heart and how those parts are working when your heart is beating fast, such as during exercise. If a particular part of the heart is not moving like it should, that could mean that there might be a blockage in one of the blood vessels supplying your heart with blood.

What should I wear for the test?

Wear a shirt or blouse that can be taken off easily and wear comfortable pants and shoes to wear while walking on the treadmill. (No sandals.)

How long does the test take?

It takes approximately 2 hours to complete the procedure.

What should I expect during the test?

A cardiologist will supervise the test and will be accompanied by a sonographer and a nurse. A sonographer will first look at your heart with an ultrasound machine; these are called the resting pictures. You will then be connected to an EKG machine that will monitor the rhythm of your heart during the exercise on the treadmill. You then start walking on a treadmill; the treadmill will increase in speed in order to get your heart rate up to a certain rate. Once your heart rate has reached a specific heart rate, the treadmill will stop and the sonographer will take a second set of heart pictures. The cardiologist will review the ultrasound pictures of your heart and also the recorded rhythm of your heart during the test.



Stress Echocardiography (ECHO)

Appointment:

Date: _____

Time: _____

 Stop Caffeine on:

 Stop Medications on:

Are any medications used during the test?

If you are unable to walk on the treadmill, a medication called Dobutamine will be administered through an IV to make your heart rate increase. Your body will feel like you're walking on a treadmill, but you will be lying in a bed. Other medications to help increase your heart rate may be used during the test.

What should I expect after the test?

After the test the nurse will observe you to make sure your blood pressure and your heart rate have returned to your normal values and that you feel well enough to return home.

When will you know the results of your test?

The pictures of your heart will be reviewed by a board certified cardiologist. The results of the test will be sent to the doctor that ordered the test for you. The test results will also be sent to your family doctor. It may take 3 to 4 days before you know the results of your test. The sonographer that is performing your test will not give you the results of the test after he or she finishes taking the pictures.

Important Billing Information

If you are unable to keep your testing appointment, you must contact UnityPoint Health-Cardiology Clinic 24 hours prior to your test time. Scheduled testing appointments that are missed or cancelled without the 24 hour advance notice may be subject to charges for pharmaceuticals or supplies specifically ordered for your test.