

## **Treadmill and Treadmill Stress ECHO Instructions**

**Holding Medications:** Consult your provider regarding whether or not to take your heart medications.

**Holding Food / Beverages:** Please do not eat or drink items that contain caffeine (such as chocolate, coffee, tea, Coke, Mountain Dew, etc.) for 24 hours before your stress test; and do not smoke for at least 3 hours prior to testing. Please do not eat 2 hours before the test. If

you are **DIABETIC**: prior to the day of your test, please discuss your insulin/oral medication dosing with your doctor.

**Appropriate Clothing for Exercise:** For exercise, wear comfortable, loose fitting clothing, and sturdy shoes. (No sandals).

**Directions:** Stress test are performed in the Cardiopulmonary Department located in basement of the main hospital building at 335 SE 8<sup>th</sup> Ave. Come in the main entrance and check in with admitting 15 minutes prior to your appointment time. They will direct you to the Cardiopulmonary Department.

A board certified cardiologist will review your scan and the report will be sent to your physician.

This study is performed to evaluate your heart while you are exercising. You will be walking on a treadmill per your physician's orders. Be ready for a fairly vigorous test lasting 3 to 12 minutes. A few sticky pads (electrodes) are placed on your chest to monitor your heart rhythm (ECG).

If a Treadmill stress ECHO is ordered, images of your heart are taken with a small probe placed gently on the chest. Your blood pressure will be checked throughout the test as well. To make sure that your heart is seen clearly, a small amount of ultrasound enhancing agent (UEA) may be administered through a small IV (tube) inserted in your arm during the test.

Please arrive 15 minutes prior to your scheduled time to allow our staff time to prepare you for the test. If you are unable to make your scheduled appointment time, please call **503-681-4004**. We request that you call us with a minimum of 48 hours' notice.