

## **Stress Echocardiography**

*A Stress Echocardiogram is a highly specialised test, and although it involves similar elements to an ordinary exercise test and an echocardiogram, it provides very specific information about the heart in a non-invasive way. It not only increases the accuracy of the stress test in assessing coronary artery disease, but also can be used to provide specific information about valvular disease and pressure in the heart and lungs.*

*This test is performed in the consulting rooms by a technician and cardiologist. Most tests can be performed within 40 minutes.*

### **Why is it done?**

The test is performed to see whether your heart muscle is getting enough blood flow and, therefore, enough oxygen when it is working hard (under stress).

### **The results of this stress test can help your doctor:**

- Determine how well a heart treatment is working and change your treatment, if necessary
- Determine how well your heart is pumping
- Diagnose coronary artery disease
- See whether your heart is too large

### **Your doctor may request this test if you:**

- Have new symptoms of angina or chest pain
- Have angina that is becoming worse
- Have recently had a heart attack
- Are at high risk for heart disease (before having surgery or when beginning an exercise program)
- Have heart valve problems

### ***What do I need to do to prepare for the test?***

Ask your health care provider if you should take any of your routine medicines on the day of the test (especially if you are taking heart medication). Some medicines may interfere with test results. It is important to tell your doctor which medications you have taken within the past 24 hours.

DO NOT eat or drink for at least 3 hours before the test. Wear loose, comfortable clothing. You will be asked to sign a consent form before the test.