

Exercise Stress Echocardiogram



An Exercise Stress Echocardiogram test measures how the heart performs and its capacity to respond to exercise. It uses the combination of exercise by walking on a treadmill and performing an ultrasound of the heart after exercise has been completed.

An echocardiogram (also called TTE or echo) is a procedure that uses high frequency sound waves or ultrasound to take pictures of the heart and is performed by a Cardiac Sonographer. The pictures obtain images of the heart to assess the muscle, valves, chamber size & function.

What do I expect of the test?

This test is performed in the Diagnostic Cardiology Department, Clinic C- Level 1 of the Bendigo Hospital.

Heart rate and blood pressure monitoring will be fitted and will be assessed throughout the test.

You will be asked to undress from the waist up and lie on a bed where the Cardiac sonographer will hold an ultrasound transducer against your chest to take images of your heart. The sonographer will take a series of ultrasound pictures of your heart before you begin to exercise.

You will then be asked to walk on a treadmill, that is programmed to get faster and steeper every three minutes. You will be asked to walk for as long as possible to increase your heart rate. If you feel unwell during the test, please inform the technologist.

After this exercise program, the sonographer will repeat the ultrasound pictures of your heart.

The test will take approximately 45 minutes to complete.

Why do I need an Exercise Stress Echocardiogram

- Evaluate how your heart tolerates exercise and increased activity
- Measure the function and efficiency of your heart function and heart valves
- Assess for known or suspected cardiac disease including symptoms of chest pain, shortness of breath, murmur and other symptoms.
- This test may suggest you are at risk of having coronary artery disease

How do I prepare for the procedure?

- Please let our staff know if you have diabetes or if you think you may have problems that will affect your ability to exercise or complete the test.
- Some medications interfere with this test so it is important to discuss your medications with us. You may be asked to withhold some of your medications for up to 48 hours prior to this test. If this is needed for your test, you will be informed when we make your booking. If you have any concerns about your medication please discuss with your local doctor.
- If you use an inhaler for breathing difficulties, please bring it with you
- Please wear a two piece outfit such as a button through shirt and pants.
- Wear comfortable shoes for walking
- Please do not wear talc, body lotion or neck chains.
- You will need somebody to drive you home

When does my Doctor get my result?

A report with the results of your test will be written and sent to your referring doctor 5-7 working days from your test date.

If you have any further questions or concerns about your upcoming Exercise Stress Echocardiogram, please discuss with your GP or phone the Diagnostic Cardiology Department on 5454 8017.

References:

- MonashHeart.org.au - Heartfoundation.org.au - bendigohealth.org.au

Patient notes:

Diagnostic Cardiology (Clinic C- Bendigo Hospital) | 25/11/2020 (Review by 25/11/2023)



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