

Patient Name: _____ DOB _____

APPOINTMENT INFORMATION:

Date:		Time:	
<input type="checkbox"/> Location: NORTH OAK OFFICE 9411 North Oak Trfwy., Ste. 260 Kansas City, MO 64155 816-221-6750	<input type="checkbox"/> Location: SHOAL CREEK OFFICE 9151 NE 81 st Terrace, Ste. 130 Kansas City, MO 64158 816-221-6750	<input type="checkbox"/> Location: NORTH KANSAS CITY HOSPITAL 2790 Clay Edwards Drive, Ste. 521 North Kansas City, Missouri 64116 816-691-5474	

It is important that you arrive on time. Please arrive 10 minutes prior to the appointment time to verify insurance and certain other information. If you arrive late for your appointment, we may ask you to reschedule. If your insurance requires you to have a formal referral from your primary care physician, please be certain these arrangements are made before your scheduled day and bring the referral form with you.

WHAT IS AN EXERCISE (STRESS) ECHOCARDIOGRAM

- An exercise echocardiogram is a noninvasive test that uses high-frequency sound waves (ultrasound) to examine the heart's anatomy and function while under stress.
- This test provides information about your heart's size and function, the appearance of the valves and the thickness of the heart muscle.

PREPARING FOR THE TEST

- Eat a light breakfast or lunch prior to your test.
- Bring a list of all of the medications you take with the dosage.
- **Unless directed otherwise, hold Beta Blockers (Iopressor, atenolol, metoprolol, carvedilol, toprol) for 48 hours prior to your test.**
- **Unless directed otherwise, hold nitrates the morning of your test.**
- **If you cannot tolerate being without your medication(s), you may take it or call our Stress Nurse with questions.**
- If you use an inhaler, please bring it with you to your appointment
- Wear comfortable, preferably loose fitting clothing (jogging/sweat pants or shorts). Please, no dresses or skirts. Tennis shoes or comfortable walking shoes work best.
- Due to liability issues, please arrange for care of minor children during the time of your test.

THE TEST

- The entire test takes about 1 ½ hours. The echocardiogram will be performed by a sonographer, a specially trained ultrasound technologist. You will be provided with a gown and asked to disrobe from the waist up. You'll lie on an examination table and the sonographer will attach small adhesive patches with wires to record the timing of your heartbeat. We stress your heart by walking you on a treadmill to attain a maximal heart rate. Your blood pressure and heart rate will be monitored closely. The sonographer will obtain ultrasound pictures of your heart before and after walking on the treadmill using a small hand-held transducer and water-soluble gel.
- In many individuals, contrast is required to improve the quality of the images to better visualize the heart muscle. The sonographer will explain the procedure and answer any questions. This involves the placement of an I.V. in one arm. The contrast is not radioactive and does not contain iodine.

WHEN WILL I RECEIVE THE RESULTS

Your test will be reviewed and interpreted by a cardiologist. A report will be provided to the physician who ordered the test. They should contact you with your results within 48 hours.