Exercise Stress Echocardiogram

You Are Scheduled for an Exercise Stress Echocardiogram

Important Telephone Numbers

Billing Office  484-628-5820
- Call if you have any questions about your bill.

Patient Advocate  484-628-8663
- Let us know how you felt about your experience at Miller Regional Heart Center.

Call 9-1-1 if you have a life-threatening emergency.

The Procedure

Your heart is monitored throughout the test. An intravenous or IV line may be started to give you an echo enhancer to help the doctor see the images more clearly. A warm gel is applied to the chest. A specialized instrument, called a transducer, is held on various areas of your chest, including the breast area. This transducer emits sound waves which create images of your heart’s structure and movement.

After the first set of ultrasound images has been taken, you will be asked to exercise on a treadmill. The treadmill speed and incline will increase as the test goes on. If you experience symptoms at any time, such as chest or arm pain, shortness of breath, or feeling dizzy, tell us right away.

Immediately after the exercise portion of the test you will lie down on a small bed. The technologist will take more pictures of your heart with the ultrasound machine. After the second set of images has been and the cardiologist reviews your images, can change back into your clothes and go home. You may return to your regular activities.

Follow-Up

The results of the test will be sent to your doctor who will discuss the findings with you at your next appointment.

Questions

If you have any questions or need to cancel your appointment, please call 484-628-8611.

Date: ____________________________
Time: ____________________________
What Is an Exercise Stress Echocardiogram?

An exercise stress echocardiogram, frequently called a stress echo, gives your doctor information about your heart. During the test a hand-held device placed in various spots on your chest directs sound waves into your body. As the sound waves make contact with your heart and the blood vessels, a computer turns the sound waves into moving images.

These images are taken before and after you exercise on a treadmill. A cardiologist then compares the two images to detect any changes in the way your heart responds to exercise. This test will take about one to two hours.

Stress Echo Locations

**Miller Regional Heart Center**
**Reading Hospital**
420 S. Fifth Avenue
West Reading, PA 19611

**Miller Regional Heart Center**
**Cardiac Testing**
1320 Broadcasting Road, Suite 100
Wyomissing, PA 19610

**Miller Regional Heart Center**
**Cardiac Testing**
31 Industrial Drive, Suite 150
Hamburg, PA 19526

Before the Procedure

Avoid caffeine-containing beverages (coffee, tea, soda) for at least 24 hours before your appointment.

Day of Procedure

- Do not eat or drink anything for two hours before your appointment.
- Take your medicines as directed.
- Please check with your doctor about taking beta-blocker medicines (such as Toprol®, Lopressor®, Atenolol®, Labetalol®) before the test. These medicines may keep your heart rate low and affect the test results.
- If you have diabetes, check with your doctor to see if you should take your diabetes medicines if not permitted to eat. Patients with diabetes may receive special instructions.
- Wear comfortable, loose-fitting clothing.
- Wear comfortable shoes or sneakers.

What to Bring

- Legal form of photo identification, such as a driver’s license.
- Health plan identification cards.
- Referral forms, if required by your health plan.
- A list of allergies you have to food, drugs, or latex.
- A list of ALL of your current medications. This includes drugs prescribed by your doctor and any other medicines you take. This may include over-the-counter medicines, herbal remedies, vitamins, supplements, and diet pills. Tell us the exact name of the medicine, the strength, the dose you take, and how often you take it. This information is on the label of all prescription drugs and other medications.

Checking In – Reading Hospital

**Directions:** The Miller Regional Heart Center at Reading Hospital is located on the 1st floor of N-Building at our West Reading campus. You can access N-Building from 5th Avenue at the traffic light. This driveway is marked with a large sign that indicates parking for the 5th Avenue Parking Garage.

Parking: For FREE valet parking, patient drop-off, or assistance, follow the driveway to the valet station. The station will be marked in blue. Our valets wear blue shirts.

If you prefer to park your own car: Instead of going straight to the valet station, make the first left into the 5th Avenue Garage. Proceed up one level. Park in ANY “Reserved Parking - Patients Only” parking spot.

**Entrance:** Our Valet will direct you to the Security Desk. A Security Officer will help you find the Miller Regional Heart Center registration. If parked on your own, look for the Miller Regional Heart Center entrance which connects with level 1 of the garage. Check in at the Security Desk. Our Security Officer will point you to the Miller Regional Heart Center registration.

Checking In – Broadcasting Road

Parking: Park in the lot by the main entrance to the building.

**Entrance:** Miller Regional Heart Center Cardiac Testing is on the first floor, Suite 100.

**Check In:** Check in with the front desk when you arrive. You will verify personal and health plan information.

Family: Your family can wait for you in the waiting area.

Checking In – Hamburg

Parking: Park in the lot by the main entrance to the building.

**Entrance:** Miller Regional Heart Center Cardiac Testing is on the first floor, Suite 150.

**Check In:** Check in with the front desk when you arrive. You will verify personal and health plan information.

Family: Your family can wait for you in the waiting area.