



Stress Echocardiography

PATIENT INFORMATION SHEET

Treadmill stress tests used in conjunction with echocardiography allow for the early detection of significant coronary disease. Areas of the heart which are not receiving adequate blood flow may not contract normally after exercise, and stress echocardiography in conjunction with electrocardiographic changes may be used to detect blockages of the coronary arteries

Your Doctor or Cardiologist may recommend a 'stress echo' to:

- Investigate the cause of chest pain, shortness of breath, light headedness or dizziness.
- Investigate for any heart rhythm changes especially during exercise.
- Determine your risk of heart disease if you have preexisting cardiac risk factors like high blood pressure, high cholesterol, family history of heart disease, or diabetes.
- Check the effectiveness coronary artery stents, angioplasty and coronary artery bypass surgery
- If you have existing heart disease, an exercise stress echocardiography can assist with planning a safe exercise regime

Preparation

Fasting is not required but you are advised to have a light meal 2 hours prior to the test.

Wear comfortable walking shoes and clothing such as shorts or active wear.

Procedure

Images of your heart are obtained at rest and immediately after exercising on a treadmill. The images are then compared side-by-side to detect areas of the heart muscle that are not contracting as vigorously as it should after exercise. Your blood pressure, heart rate and rhythm are also closely monitored as a response to exercise

Results

A report will be generated by the Cardiologist, this will then go to your referring doctor usually the same day or overnight if done in the late afternoon. Your Cardiologist will discuss the results with you if you are in consultation and if any follow up is required. You can obtain your results from your referring Doctor and you can also request from NSWC reception to send another copy to you.

Contact Us

T: +61 (02) 8038 1080
F: +61 (02) 8038 1081
E: reception@nswcardiology.com.au
W: www.nswcardiology.com.au

St Vincent's Private Hospital
Suite 1304, Level 13, East Wing
406 Victoria Street
Darlinghurst NSW 2010

Sydney City Rooms
Suite 1, Level 1,
341 George St
Sydney NSW 2000