



Medical Specialists

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[www.imcare.ca](http://www.imcare.ca)

# STRESS ECHO INSTRUCTIONS

Here are some important instructions to help you prepare for the test and understand what to expect.

## Preparation Before the Test

### 1. Medications:

- Please continue taking your medications as prescribed unless instructed otherwise by us.
- Please bring an updated list of your current medications to each of your appointments with us.

### 2. Food and Drink:

- Avoid caffeinated beverages (coffee, tea, soda, energy drinks) for at least 24 hours before the test as they can affect the results.
- Come well hydrated as we will likely put in an IV for use of Ultrasound Enhancing Agent

### 3. Clothing:

- Wear comfortable, loose-fitting clothing suitable for exercise.
- Bring or wear athletic shoes suitable for walking or running.

### 4. Smoking:

- Do not smoke on the day of the test. Nicotine can interfere with the test results.

### 5. Jewelry and Lotions:

- Avoid wearing jewelry, especially necklaces or large earrings, as they might interfere with the test.
- Do not apply lotions, oils, or powders on your chest as they can prevent the electrodes from sticking properly.

## During the Test

### 1. Arrival:

- Arrive at least 10 minutes before your scheduled appointment to complete any necessary paperwork.

### 2. Electrode Placement:

- A technician will place small adhesive electrodes on your chest to monitor your heart activity.
- The area where the electrodes are placed might need to be cleaned and shaved if necessary.
- We will likely place an IV in your arm to give you Ultrasound enhancing agent.

### 3. Test Procedure:

- You will start walking on a treadmill at a slow pace.
- The speed and incline of the treadmill will gradually increase.
- The test will continue until you reach your target heart rate or until you experience symptoms that require stopping the test (such as chest pain, dizziness, or shortness of breath).
- Inform the technician immediately if you feel any discomfort during the test.

### 4. Monitoring:

- Your heart rate, blood pressure, and ECG will be continuously monitored during the test.

After the Test we will go over the findings with you.