



Instructions for Diagnostic Tests

Treadmill Exercise Testing

This test is done with you walking on a treadmill while the physician monitors your 12 lead EKG for changes during exercise. The treadmill moves slowly at first, then the speed and incline increase gradually.

Instructions:

- Eat only a light meal prior to the test so you don't become nauseated with vigorous exercise.
- Wear loose and comfortable clothing that is suitable for exercise and be sure to wear walking shoes that offer support as well as comfort.
- Bring a list of your current medications so that the doctor will be informed of these prior to the test.

Stress Echocardiography

This test combines walking on a treadmill or pedaling a supine bike for the exercise portion and doing an ultrasound study of the heart. An echocardiogram is done at rest and then immediately after exercise and the images are compared.

Instructions:

- Eat only a light meal prior to the test so you don't become nauseated with vigorous exercise.
 - Wear loose and comfortable clothing that is suitable for exercise and be sure to wear walking shoes that offer support as well as comfort.
 - Bring a list of your current medications so that the doctor will be informed of these prior to the test.
- * On occasion, if unable to exercise, the doctor may use a medicine called Dobutamine which produces an effect on the heart similar to exercise. In this case an IV will be started to administer the medication and an ultrasound of the heart is done.

For more information , call our office at (847) 336-1600.