



Location: Provo - 1055 N 500 W Suite 201

Phone: (801) 373-4366

### **What is a stress echo?**

Ultrasound (echo) is used to assess the function of the heart at rest and then compared to how the heart responds to stress. The stress is induced by walking on a treadmill. It is used to look for blockages of coronary arteries, assess heart valves and heart pressures

### **How is the test done?**

- You will need to undress from the waist up and put on a gown
- Monitoring electrodes will be placed
- An IV will be placed for the administration of an ultrasound enhancing agent
- Echo images will be obtained at rest
- You will then be monitored on a treadmill and exercise the best that you can
- Immediately following the treadmill, echo images will be repeated and compared to the rest images

### **What to expect**

- Arrive 15 minutes early
- Bring a list of your medications and information about prior medical conditions
- No food or drink 6 hours prior to the study (except water if needed for medications)
- Your results will be sent to your physician within two business days, the sonographer will not be able to give you your results
- If you cannot make your appointment you will need to cancel two business days in advance or will be assessed a \$50 no show fee
- If you are more than 15 minutes late, we will need to re-schedule or do the test later in the day out of respect for the patients scheduled after you



## What is an echocardiogram?

An echocardiogram (echo) uses ultrasound to image the heart and provide information necessary for managing many heart conditions. Echo is able to assist in evaluating the size and function of the heart, valves, pressures and other valuable data. Echo is essentially risk free because it uses ultrasound. Occasionally when images are suboptimal, an IV is placed and an ultrasound enhancing agent is used.

## What to expect

- The test takes approximately 45 minutes, please try to arrive 15 minutes prior to your scheduled time
- A family member can be with you during the procedure
- You will not need to fast or make any special preparations prior to the procedure
- You will need to undress from the waist up and will be given a gown
- You will lay on your left side and a gel will be placed on the ultrasound probe to obtain the information
- About 1/3 of patients will need an IV for an ultrasound enhancing agent
- You will need to be able to transfer to a bed where you will be reclining for the procedure
- Your results will be sent to your physician within two business days, the sonographer will not be able to give you your results
- If you cannot make your appointment you will need to cancel two business days in advance or will be assessed a \$50 no show fee
- If you are more than 15 minutes late, we will need to re-schedule or do the test later in the day out of respect for the patients scheduled after you

**Locations:** Provo - 1055 N 500 W Suite 201

Orem - 700 W 800 N Suite 203

Payson - 97 Professional Way #2

Mt. Point - 3000 N Triumph Blvd Suite 100

Lehi - 2183 W Main St. A107

Huntington - 367 N Main St.

Mt. Pleasant - 10705 S Highway 89

Gunnison - 95 E Center St

American Fork - 1175 E 50 S #251