

Guide to Exercise Stress Echocardiogram

An exercise stress echocardiogram is performed to learn about the size, shape, and motion of the heart and heart waves, and whether the heart receives enough blood during exercise or when it is stressed. During the test, exercise increases the heart rate and the amount of blood and oxygen the heart needs to function. Sound waves are used to make pictures of the heart before and after the exercise.

Pre-Registration and Testing Location

Our office will call you 2 days before the date your test is scheduled to confirm your appointment. At this time we can also answer questions you may have. Please have your referring physician complete the **Echo Order Form**. Plan to arrive 20 minutes before the scheduled time of your test. Bring your insurance cards with you. Go directly to the test location where you have been scheduled:

Exercise Stress Echocardiograms are performed at the following locations:

The Weill Greenberg Center

646-962-4733

1305 York Avenue (corner of E70 Street and York Avenue)
New York, NY 10021
Echocardiograms are performed on the 8th floor.

NewYork-Presbyterian Hospital/Weill Cornell Medical Center Echocardiography Laboratory

212-746-4670

Starr Pavilion
520 East 70th Street, off York Avenue
New York, NY 10021
Take the Starr elevators to the 4th floor, make a right and follow the signs to room K-425.

Before the Exercise Stress Echocardiogram

The doctor may want you to stop taking some of your medicines before the exam. Ask your referring doctor about this as it may affect the results of the test. If you take insulin, check to find out what amount of insulin to take on the day of the exam.

On the day of the exam, do not eat or drink anything for 4 hours before the test. Do not drink alcohol for 24 hours before the test. Wear comfortable clothes and sneakers or rubber soled shoes for walking on a treadmill. Please refrain from smoking for at least 4 hours before your test.

During the Exercise Stress Echocardiogram

The first part of the test is usually performed in a darkened room. You will be asked to lie on your back, your left side and/or sit up. A lubricating gel will be applied to your skin over the heart area. A small

smooth instrument (called a transducer) will be moved and/or tilted gently across your chest in various positions during the exam. The transducer picks up the sound waves from your heart and a live image of your heart is displayed on a TV monitor.

At times during the exam you may hear a "swishing" sound (called Doppler) coming from the machine. This is the blood flow as it moves through the heart valves. After the echo is completed, you will be asked to walk on a motorized treadmill. The speed and incline of the treadmill will be gradually increased. Once your maximum heart rate is achieved you will lie down again and repeat images will be taken. There is no pain or discomfort during the test. Test time is approximately 45-60 minutes.

✉ Contact

Cardiac Echocardiography Laboratory
Phone: 646-962-4733