

Stress Tests

Stress tests are designed to measure how well blood and oxygen are supplied to the heart muscle during exercise. There are many different types of stress tests, including Regular Stress Echo, Dobutamine Stress Echo, Cardiolute Stress and Adenosine Stress.

Regular Stress Echo: You will exercise on a motor-driven treadmill. Your blood pressure and pulse (EKG) will be monitored before, during and after the test. Echocardiographic images will be obtained before and after exercise. The speed and incline of the treadmill are increased periodically until exercise is complete. There will be a sudden stop at the end of exercise, and you will quickly lay down on the stretcher for the images to be obtained. A cardiologist will interpret the results after the images are processed.

Dobutamine Stress Echo: For people who cannot exercise on the treadmill, Dobutamine, a medicine that increases the work of the heart, will be used to substitute for exercise. The medicine is given intravenously. Your blood pressure, pulse (EKG) and Echocardiographic images will be monitored before, during and after the test. The Dobutamine will be infused over approximately 15 minutes or until a predetermined heart rate is achieved. It takes 10 minutes for the medicine to wear off.

Cardiolite Stress Test: You will exercise on a motor-driven treadmill. Your blood pressure and pulse (EKG) will be monitored before, during and after the test. Toward the end of the exercise, a small amount of radioactive Cardiolite is injected intravenously. The amount of radiation is minimal. Scanning will be done immediately after exercise. A resting scan occurs the day before, the day of, or after the exercise scan.

Adenosine Cardiolite Stress Test: For those who are unable to tolerate exercise, Adenosine may be administered as a substitute to stress the heart. It is used in conjunction with Cardiolite as mentioned above.

Scanning lasts approximately 20 minutes each time. A radiologist will interpret the scans.

How do I prepare for Stress Testing?

Food: Up to 2 hours before the test you may have water, fruit juice, toast and decaffeinated coffee or tea with sugar or sweetener only.

Clothing: Be sure to wear comfortable clothing and walking shoes on the day of your scheduled test.

Medicine: You should take all medications as usual, unless your physician specifies otherwise. It is acceptable to have water or plain toast if necessary with medication. Consult with your physician if you have any further questions or special considerations.

For questions or more information about stress tests call, 561-263-4486.