

## Stress echocardiography

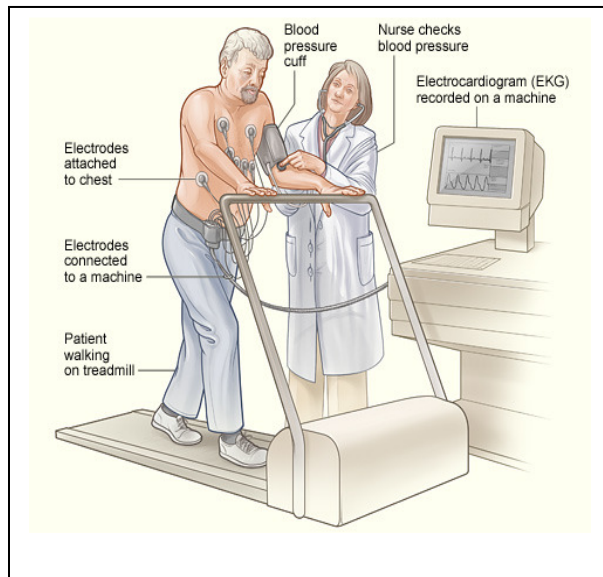
Stress echocardiography is a test that uses ultrasound imaging to determine how the heart muscles respond to stress. It is mainly used to diagnose and evaluate coronary artery disease.

### How the Test is Performed

A stress echocardiogram includes the following steps:

- A resting echocardiogram will be done first.
- You will exercise or be given medicine until you reach the target heart rate. This helps reveal how your heart works when you are active.
- Your blood pressure and heart rhythm (ECG) will be monitored throughout the procedure.
- Ultrasound images will be recorded during the procedure.
- Another echocardiogram is taken immediately after your target heart rate has been reached.
- The ultrasound images will reveal any parts of the heart that may not be receiving enough blood or oxygen because of blocked arteries.

This test differs from an exercise stress test, which does not use ultrasound images.



### How the Test Will Feel

Electrodes (conductive patches) will be placed on your chest, arms, and legs to record the heart's activity. The preparation of the electrode sites on your chest may produce a mild burning or stinging sensation.

The blood pressure cuff on your arm will be inflated every few minutes, producing a squeezing sensation that may feel tight. Baseline measurements of heart rate and blood pressure will be taken before you start exercising.

You will start walking on a treadmill. The pace and incline of the treadmill will gradually be increased.

Rarely, people experience chest discomfort, palpitations, dizziness, or shortness of breath during the test.

### Alternative Names

Echocardiography stress test; Stress test - echocardiography