

CARDIAC STRESS TEST

You will have a:

Date:

Stress Echocardiography

Time:

(Walking Exercise Test with Echocardiogram)

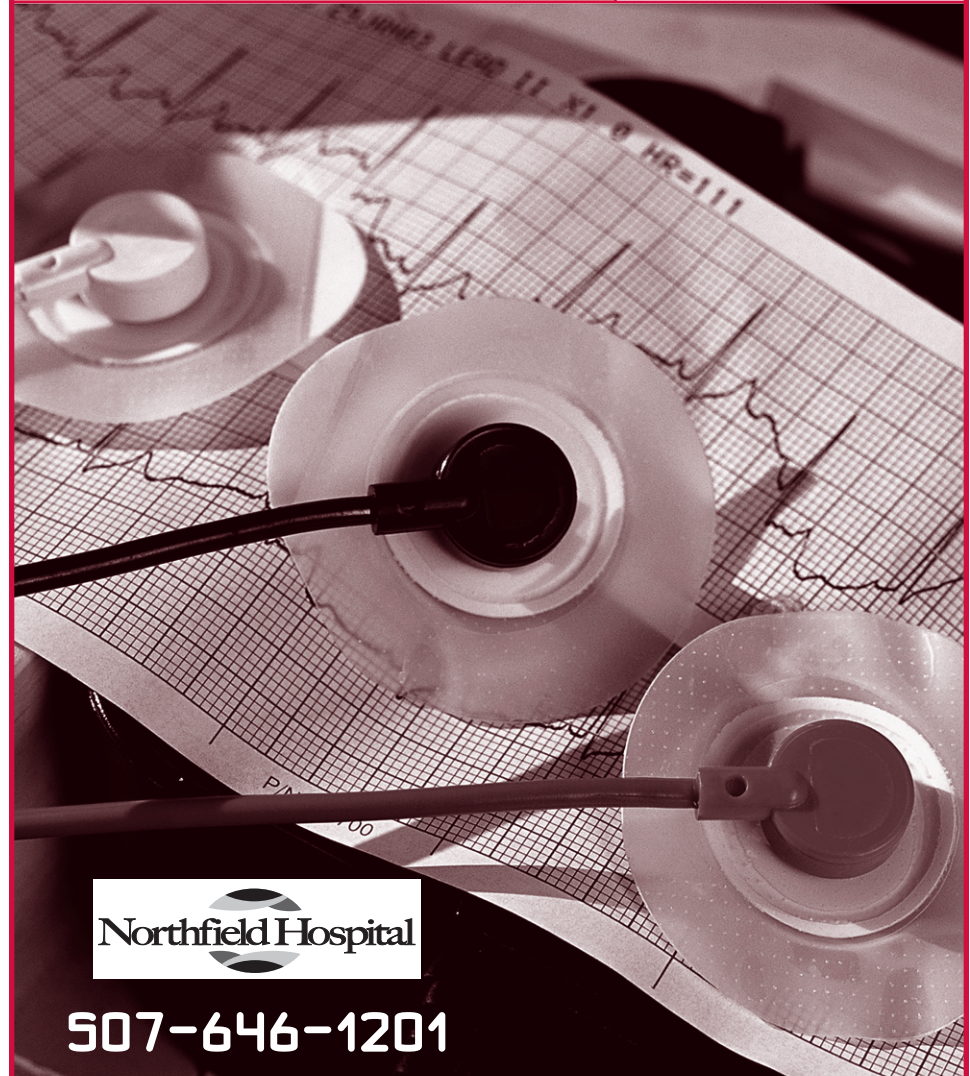
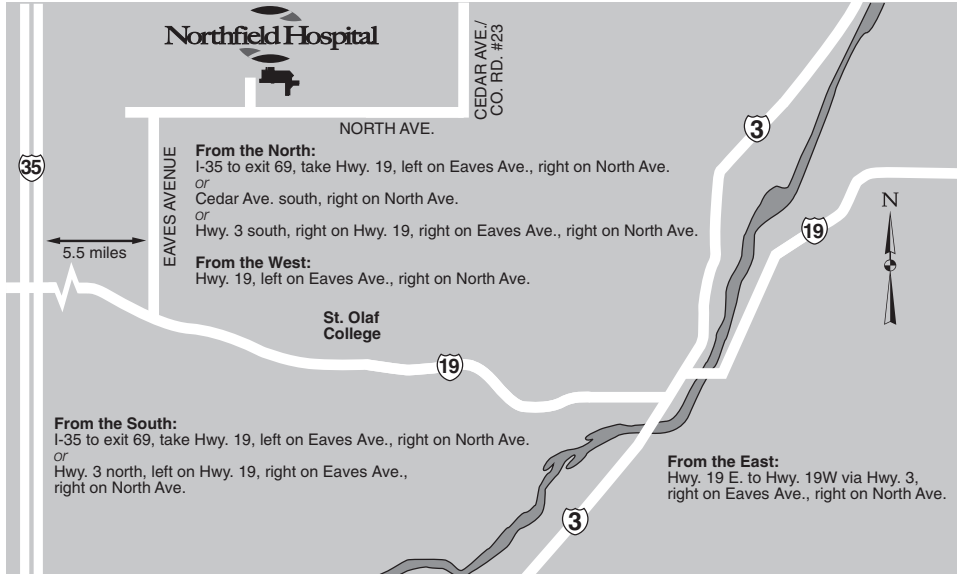
Finding us:

If you are coming from Lakeville or Farmington on Cedar Avenue:

Follow Cedar into Northfield. Shortly after passing the city limits sign, turn right (west) on to North Avenue and follow North to the hospital entrance. Park in the north lot near the Emergency Department entrance.

If you are coming from Farmington on Highway 3:

Follow Highway 3 into Northfield to the intersection with Highway 19. Go right (west) past the St. Olaf College entrance. Travel to Eaves Avenue. Turn right (north) and proceed to the stop sign where Eaves meets North Avenue. Turn right (east) on to North Avenue, and proceed a quarter mile to the hospital entrance. Park in the north lot near the Emergency Department entrance.



Northfield Hospital

507-646-1201

Mobile Echo Imaging provided in collaboration with Minneapolis Heart Institute.

what to expect



When you arrive at Northfield Hospital, please park on the north side, near the Emergency Entrance. Enter through the Emergency Entrance. The Registration Desk will be on your right, as you enter. Give your name to the Admissions Representative and tell him or her that you are there for a cardiac stress test. Please bring with you a list of the medications you are using and your insurance card.

Once you are registered, you will be prepped for the test. Electrodes will be attached to your chest to record an electrocardiogram (EKG), a test that records the pattern of your heartbeat.

A technician will place a painless transducer at various places on the left side of your chest. Then pictures of your heart at rest will be recorded on videotape. Your blood pressure will also be monitored.

Next, you will be asked to walk on the treadmill. The physician will be overseeing the procedure, observing heart rate and EKG changes. When you reach your target heart range, the treadmill test will be complete.

Immediately after you finish exercising, a technician will record a second set of video images of your heart. At the conclusion of your test, your scans will go to Minneapolis Heart Institute, where they will be read by a cardiologist. The report will be sent to your referring physician. Please arrange a follow up appointment with your physician to discuss test results.

Special Note

– Stress echo is painless, noninvasive and involves little risk. Your physician will discuss any possible risks of exercise with you.

Preparing for the Stress Test:

24 Hours Before the Test – Do NOT drink caffeinated beverages or EAT anything at all containing caffeine for 24 hours PRIOR to the exam. Read labels carefully. Caffeine is hidden in many things. For

example, chocolate, Excedrin, Anacin all contain enough caffeine to cancel your test. Even decaffeinated coffee and beverages have some caffeine. No Coke, Diet Coke, tea, iced tea, coffee, etc.

Do not eat or drink anything for at least 4 hours before the testing.

Take any medicine you normally take EXCEPT for:

BETA BLOCKERS (unless specifically instructed otherwise by your physician.) If you are unsure if you are on a Beta Blocker, please ask. If you have diabetes, you will receive special instructions about your medication.

Do not smoke 4 hours before the exam.

The test will last between 2 and 2½ hours.

Please tell our technician if you are pregnant.

What to wear:

1. Wear lightweight, comfortable clothing (two piece – pants and top. Avoid sweatshirts.)
2. Wear comfortable shoes suitable for walking. No clogs, sandals or boots.
3. Women should not wear pantyhose or undergarments that are of one-piece design.
4. No metal above the chest. For instance, no bib overalls or necklaces.

If you have any questions related to this information, please feel free to call the number below during regular business hours or, at other times, leave a message, and your call will be returned as soon as possible. Please give 24-hour notice if you must cancel an appointment. Hours are Monday and Wednesday from 8 a.m. until 4:30 p.m.

Outpatient Clinic Scheduling: 507-646-1201