

# PREPARING FOR YOUR Stress Echocardiogram

Also known as: Stress Echo or Exercise Stress Test



If you cannot walk on a treadmill, please notify us so your test can be scheduled accordingly

A stress echocardiogram is a combination of an stress test (treadmill) and echocardiogram (ultrasound of your heart). This test is used to see how well your heart functions before and after stress (exercise).

Please prepare to be in our office for 1-2 hours for your test

## How do I get ready for the test?

- Avoid caffeine on the morning of your test (including tea, soft drinks, chocolate, decaffeinated products, etc).
- Eat a light meal only.
- Do not drink alcohol or smoke.
- Do not apply lotion or cream to the chest area.

## Should I take my medications?

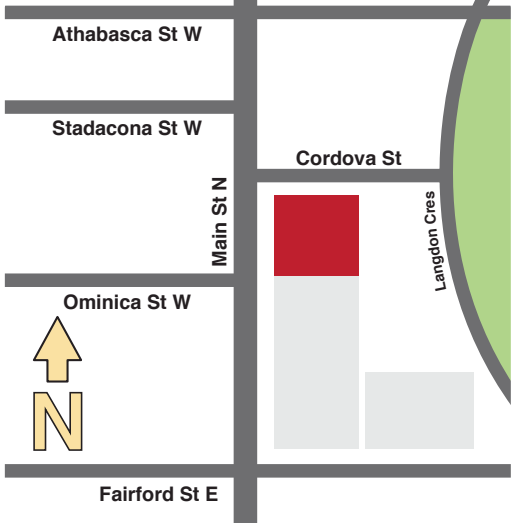
- Take all of your regular medications at their usual times.  
**Do not stop taking any medication unless directed by your doctor.**
- If you are diabetic and use insulin: Take half (1/2) of your normal insulin dose on the day of the test.

## What should I bring with me?

- Your health card.
- Bring all of your current medications in their original bottles.

## What should I wear?

- Wear a comfortable two-piece outfit and running shoes.  
(For female patients: Please wear a bra or sports bra)



**Moose Jaw Cardiac Centre**  
**361 Main St N**  
**Moose Jaw, SK, S6H 0W2**

We are located at the intersection of Main Street North & Cordova Street, situated west of Crescent Park.

Metered street parking is available. The HotSpot Mobile App allows users to pay for parking from a mobile device.

We require a minimum of 48hrs notice to changes and/or cancel appointments to avoid a NO SHOW FEE



MOOSE JAW CARDIAC CENTRE  
Global Cardiovascular Risk Management  
361 Main St N, Moose Jaw, SK S6H 0W2  
T: 306-692-5066 | F: 306-691-5966

If you need any further information  
please phone: **306-692-5066**