

Exercise Stress Echocardiogram Test (ESE)

Exercise Stress Echocardiogram assesses your heart's response to increased workload. During the test, an ultrasound of your heart (echocardiogram) is performed at rest and then again immediately following exercise. It shows whether the blood supply to the heart is adequate or whether there is coronary artery narrowing. In addition, the echocardiogram gives a wealth of other information about your heart and how it pumps & how the valves are working.

What happens during this test?

- The nurse will attach you to an ECG.
- The sonographer will then take detailed images of your heart. You will need to lie on your left side for about 30mins.
- Once baseline images are taken you will walk on the treadmill; the intensity will gradually be increased by the nurse until you feel fatigued.
- Your heart rhythm and blood pressure will be monitored throughout the procedure and you will be asked to report any symptoms.
- The treadmill will be stopped when you are fatigued and you will be transferred quickly back onto the examination table onto your left side. The sonographer then has a short time to take pictures of your heart while it is under an increased workload. The sonographer may ask you to breathe in or out and hold the breath so they can see your heart.
- After the images have been taken you will be monitored for a few minutes and then you will see the Cardiologist with the results.

Instructions

- Wear loose comfortable clothing and walking shoes.
- If you are on a *Beta-blocker* medication do not take it for 48 hours prior to the test. Examples of beta-blockers: atenolol (Anselol, Lo-ten), metoprolol (Betaloc, Lopressor), carvedilol (Dilatrend), celiprolol (Selectol, Celol), sotalol (Sotacor).

If you are unsure about what medication to stop please don't hesitate to contact us. It is important that you take all other medications as normal.

The test takes about 1 hour. Please advise if you have Southern Cross Insurance as we are Affiliated Providers and can obtain your Prior Approval.