



Central Ohio Primary Care Cardiac Testing

Stress Echo

What is a Stress Echo test?

A Stress Echo test determines whether your heart is getting enough blood flow. To perform the test, we will take some ultrasound pictures of your heart before and after exercise.

How should I prepare for the procedure?

You should not have any caffeine (see list on back of map) or food for 2 hours prior to the test, including decaf, chocolate and cola. You should not smoke for 2 hours prior to the test. If you take any heart or blood pressure medication at night, you should not take the dose the night before the test. All medications should be held the morning of the test. Please bring a list of your medications and the order form from your physician. You should wear comfortable clothes and walking shoes for the treadmill. You will be here for approximately 45 minutes.

If you have diabetes and take insulin or other oral medication, please check with your physician to see if you need to adjust your medication while you are not eating.

How is the procedure performed?

When you arrive, you will be interviewed for your medical history. We will place electrodes on your chest for the ECG. You will lie on your left side with your arm up by your head while we get some resting ultrasound pictures. Then you will walk on the treadmill for approximately 6-12 minutes until we reach your target heart rate to make the test valid. The speed and incline of the treadmill will increase every 3 minutes. You will tell us when you need to stop walking, and we will have you lay back down as quickly as possible so that we can get a few more ultrasound pictures while your heart rate is elevated.

What are my instructions after the exam?

You can eat and take any medication that you normally would.

When do I get the results?

The cardiologist will read the ultrasound pictures the day of your test. If the results of the test are abnormal, your physician will be notified within 24 hours and will contact you. If the results are normal your physician will receive a written report, and you should hear from your physician within 5-7 days.

What do I do if I have other questions?

If you have any other questions before or after your appointment, please call cardiac testing at 326-2700.

Your appointment is on:

_____ @ _____ @ the _____ location.

COPC Cardiac Testing
4885 Olentangy River Rd. Suite 130
(614) 326-2700
fax (614) 326-3293

Westerville Cardiac Testing
625 Africa Rd. Suite 140
(614) 326-2700
fax (614) 326-3293

Reynoldsburg Cardiac Testing
6488 East Main St. Suite 100
(614) 326-2700
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