

Treadmill and Stress Echocardiogram Instructions

Patient name _____

Provider _____

Patient Check In:

- Bring your insurance card, legal identification card and this form with you.
- Check in on the 3rd floor of Swedish at Issaquah campus, **Suite 3010** Swedish Testing and Treatment.

Test Date(s): _____

Day: _____

Time: _____ a.m./p.m.

- ☒ Your appointment time has been reserved especially for you. If you need to cancel for any reason, kindly provide us with 24 hours notice. If you have any questions or concerns regarding your test, please call (425) 313-5220.

TESTS - Check exam(s) requested

- ☐ Stress Echocardiogram RAD17224
☐ Treadmill only ECG0016

PURPOSE: This test also known as an exercise tolerance test (ETT), is done to evaluate a person's cardiac health and test for:

- Decreased supply of blood and oxygen to the heart, which may cause chest pain or shortness of breath with exertion or at rest
- Overall level of cardiovascular conditioning
- Level of exercise tolerance before symptoms occur
- How quickly the heart recovers from exercise
- Irregular heart rhythms
- Effectiveness of some medications

TEST: The stress echocardiogram combines an ultrasound study of the heart (echocardiogram with an exercise test (treadmill test). Through sound wave technology the echocardiogram provides images of the heart structure and pumping motion. The echocardiogram is done before and after exercise. The resting echocardiogram is done first. This is a relatively painless and non-invasive test in which a probe covered with gel is rubbed on your chest (skin). Next you will be asked to walk on the treadmill as the incline and speed are gradually increased until a maximum level of exercise is achieved. The expected amount of time on the treadmill depends on age and physical ability. *If you use a cane to walk or use a wheelchair this is probably not the appropriate test for you. Please call if you have any concerns or questions about the test.*

PATIENT INSTRUCTIONS

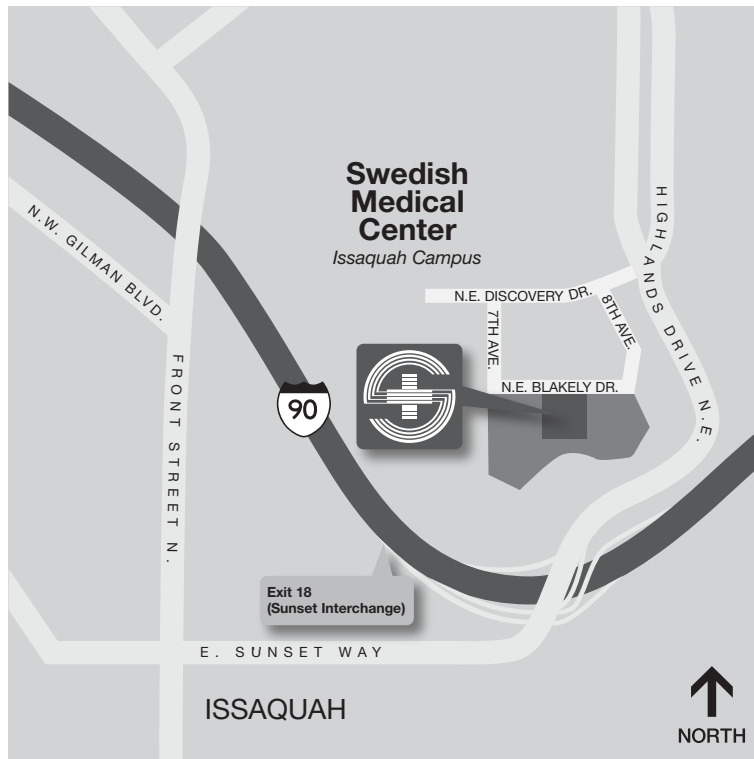
- ☒ **Please arrive 15 minutes before your test time** to allow plenty of time for city traffic and parking.
- ☒ **Do not eat anything for 3 hours** before the test. **Water is permitted and encouraged.**
- ☒ People with diabetes may have toast and juice before the test if needed.
- ☒ **DO NOT smoke 3 hours before the test.**
- ☒ **Do not drink caffeine 4 hours before the test** (this includes decaffeinated beverages).
- ☒ Wear comfortable clothing (2-piece is preferred) and comfortable flat walking/running shoes.
- ☒ For best results, please do not "work-out" or exercise for at least 12 hours before testing.

MEDICATIONS:

- ☒ If you take a **Beta-Blocker** (such as Atenolol, Tenormin, Lopressor, Toprol, Coreg) or Nitrates (such as Nitro patch, Isosorbide, Isordil) please:
 - ☐ Take as usual
 - ☐ **Do not** take before test
 - ☐ Other instructions: _____
- ☒ **Do not take Viagra** 24 hours before the test, Levitra 48 hours before the test or Cialis 72 hours before the test.

Please consult your provider or clinical staff if you have questions regarding your medications.

(Over)



Driving Directions

Traveling East on I-90

- Take the E. Sunset Way-Highlands Drive exit (No. 18).
- Go left at the “Y” and continue onto Highlands Drive.
- Turn left (west) at the first traffic light onto N.E. Discovery Drive.
- Turn left (south) at the next light onto 8th Ave. N.E.
- Travel down 8th Ave., until it turns into the Swedish/Issaquah main entrance.
- Immediately turn right to enter the underground parking garage. Parking is also available on the surface lots.

Traveling West on I-90

- Take the E. Sunset Way-Highlands Drive exit (No. 18).
- Turn right (north) onto Highlands Drive.
- Turn left (west) at the first traffic light onto N.E. Discovery Drive.
- Turn left (south) at the next light onto 8th Ave. N.E.
- Travel down 8th Ave. until it turns into the Swedish/Issaquah main entrance.
- Immediately turn right to enter the underground parking garage. Parking is also available on the surface lots.



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