

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 **6th floor of James Tower** at Cherry Hill campus, **Suite 630**, Swedish Cardiovascular Diagnostic Imaging.
- It is very important that you plan to arrive **15 minutes before** your actual test time. We are located in the city where traffic and parking are challenging. Please plan extra time for travel and parking.
- If you are late for your appointment, we may need to reschedule you to another time or day.
- The department phone number is **206-320-5353**, Monday-Friday, 8 a.m. to 5 p.m.

TESTS – CHECK EXAM(S) REQUESTED

- Stress echocardiogram Treadmill only

WHAT IS THE PURPOSE OF A STRESS TEST?

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

WHAT CAN I EXPECT DURING THE TEST?

Your medical provider may ask you to have a treadmill-only test or a stress echocardiogram. Both tests provide very valuable information about your heart health. The stress echocardiogram combines an ultrasound study of the heart — an 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. The treadmill-only test means you will be walking on a treadmill while your heart rate and rhythm

Test date(s): _____

Day(s): _____

Check-in time: _____ a.m./p.m.

Appointment time: _____ a.m./p.m.

This appointment time has been reserved especially for you. If you need to cancel for any reason, kindly provide us with 24 hours notice by calling 206-320-3202.

are monitored and blood pressure measured throughout stages of the test just as discussed above. However, there is no heart imaging involved. *If you have a recent hip, knee or foot injury or use a cane to walk or use a wheelchair, this is probably not the appropriate test for you. Please call the department at 206-320-5353 if you have questions or concerns about the test.*

PATIENT INSTRUCTIONS

- 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 a loose fitting 2-piece outfit, suitable for safely walking on a treadmill. Shoes must be flat, sturdy walking/running shoes. Please no sandals, heeled shoes or slides.
- For best results, please do not "work-out" or exercise for at least 12 hours before testing.
- Do not wear lotions, oils, sprays such as tanning sprays, perfumes or powders as this will interfere with the test.**
- Young children (under age 18) are not permitted in the testing area. Please arrange for childcare before your appointment.

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: _____

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

DRIVING DIRECTIONS

From the south

Take I-5 northbound to the James Street Exit (164). Turn right (east) on James Street. James Street will become Cherry Street. Turn right (south) on 18th Avenue. Turn right on Jefferson Street (west). Turn right into the main entrance (north).

From the North

Take I-5 southbound to the James Street Exit (165A). Turn left (east) on James Street. James will become Cherry Street. Turn right (south) on 18th Avenue. Turn right on Jefferson Street (west). Turn right into the main entrance (north).

PARKING

Short-term parking is available in the Plaza Garage. Enter from the main driveway.

Long-term parking is available in the 16th Avenue Garage, on 16th Avenue. From the main entrance of the hospital, turn right on Jefferson Street (west). Turn right on 16th Avenue (north). The garage entrance is up the block on the left.

Parking validation is not available.

BUS INFORMATION

The following web site provides information regarding bus routes to the Cherry Hill campus:
http://tripplanner.kingcounty.gov/cgi-bin/itin_page.pl?resptype=U.



CARDIOVASCULAR DIAGNOSTIC IMAGING CENTER

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We do not discriminate on the basis of race, color, national origin, sex, sexual orientation, gender identity or expression, age, or disability in our health programs and activities.

ATENCIÓN: Si habla español, tiene a su disposición servicios gratuitos de asistencia lingüística. Llame al 888-311-9127 (TTY:711)

注意：如果您講中文，我們可以給您提供免費中文翻譯服務，請致電 888-311-9127 (TTY:711)