

STRESS ECHO ULTRASOUND

Appointment

Date:

Time:

Patient Preparation:

4hr fast

Cease caffeine 48hrs prior

Time For Examination:

45 mins- 1hr

Please Bring:

Referral

Previous imaging

Walking shoes

Locations:

Gold Coast Radiology,
Suite 1 & 2 Harbour Point

10 Santa Barbara Road,
Hope Island, QLD 4212

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Undercover parking is available.

This examination is an ultrasound of the heart immediately after exercise. To detect if there are any blockages or narrowings in the coronary arteries which supply blood to the heart muscle, or any valve disease. Ultrasound has the ability to view internal structures in real time and observe and record movement.

It is advised to wear a loose comfortable 2 piece outfit and flat walking shoes.

Once you are taken into the room, you will need to take your top off and put on a gown. Sticky ECG dots are then placed on your chest and the leads are hooked up to a machine to monitor your heart rate.

Exercise is initiated by walking on a treadmill, gently at first then the speed and incline are slightly increased at intervals until your heart rate reaches 85% target for your age. At the peak of the exercise, the treadmill will be stopped abruptly and you will be placed quickly onto the ultrasound table on your left side while scans and measurements of your heart are taken.

The Radiology Doctor and a technician will be with you the whole time(they are experienced personnel) please tell them if you have *any concern* at all during the test, such as chest pain or shortness of breath. The test will be stopped at the attending doctor's discretion if they have any concerns. The risk involved with this test is no different to any form of exercise done at home or walking outside. Once the imaging is complete and your heart rate is back to normal, the ECG dots are removed and you may get dressed.

These results tell the doctor if your heart functions properly with exercise or if part of the heart is not getting enough blood.

The images and measurements will be fully assessed and a report will be sent to your referring doctor.