

## **Stress Echocardiogram (Stress Echo)**

A stress echocardiogram is a test done to assess how well the heart works under stress. The “stress” can be triggered by either exercise on a treadmill or a medicine called dobutamine. A dobutamine stress echocardiogram (DSE) may be used if you are unable to exercise.



### **Exam Information:**

- Please wear comfortable clothing and good walking shoes
- Patient will be placed in a gown that opens in the front
- Arrive 30 minutes prior to your scheduled appointment to register
- Bring a current written list of medications
- The exam requires you to be NPO (without food/drink) from midnight before the exam, till after the exam is completed

## **Stress Echocardiogram (Stress Echo) (cont)**

Upon arrival, you will be registered and escorted to an exam room where you will be asked about your medical history. If lab work is needed, it will be completed prior to the exam. The exam can take up to 60 minutes to complete. Please call (865) 446-8100 if you have questions regarding your exam preparation. A technologist will explain the procedure prior to the exam and help answer questions. If requested by your physician, a CD can be requested and pickup from Medical Records Monday – Friday 8:00am - 4:30pm. If you have scheduling concerns, please call (865) 374-4000.