Preparing for your Stress Echo/Stress Test

An echocardiogram is an ultrasound test of your heart that helps your doctor see how well your heart is working.

It is important for you to prepare for this test to get the best results. The steps below will tell you what you need to do to get ready for this test.



Exercise clothes

Wear exercise clothes to your visit for this test.

We might ask you to put on a gown just before the test.



Meals

Do not eat solid foods four hours before your test. You may drink clear liquids, like water.

If advised by your doctor, do not drink coffee, tea, or other caffeinated drinks before the test.



Medications

Take your medicines as usual with sips of water unless advised by your doctor.

Bring all your medicines with you, including inhalers



No smoking

If you smoke, do not smoke on the day of the test.

Smoking may affect how well you do on this test.



Walking shoes

Remember to wear walking shoes, like sneakers, for this test



Family and friends

Family and friends may be in the waiting room with you but cannot be with you during your test.

Please do not leave young children in the waiting room without a responsible adult.