Preparing for a Stress Echo & Treadmill Stress Test

A stress echo is a test in which doctors use an image of your heart to see how well it works during exercise. A stress test is for doctors to check how well your heart works while you walk or jog on a treadmill.



Walking shoes

Wear walking shoes, such as sneakers.



Family & friends

When you take the test, your loved ones will stay in the waiting room.

Always leave young children with a responsible adult.



Medications

Take your medicines with water as advised by your doctor.

Bring all your medicines, including inhalers.



No smoking

Avoid using any cigarettes and/or vapes.

Smoking affects how well you do on these tests.



Exercise clothes

Wear light, comfortable clothes for the test.

Your care team might ask you to put on a gown just before the test.



Meals

Drink clear liquids, such as water. Avoid solid foods four (4) hours before your test.

If advised by your doctor, limit drinking coffee, tea, and other caffeinated drinks.

UPDATED 04/2026

CENTRAL HEALTH