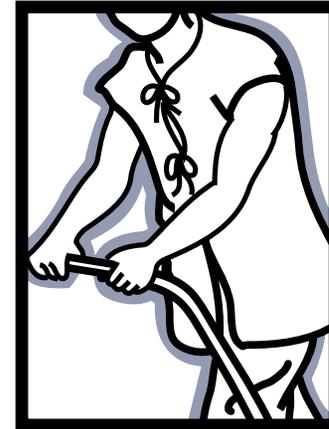


You are scheduled for an

Exercise Stress Echocardiogram



Directions

The Reading Hospital Regional Heart Center is located on the first floor of N-Building at our West Reading campus. You access N-Building from 5th Avenue at the traffic light; this driveway is marked with a large green sign that indicates parking for the 5th Avenue Garage, as well as the entrances for N-Building and R-Building.

Parking & Entrance

- You will be given a Regional Heart Center parking tag in advance of your appointment. Please hang this tag from your rearview mirror.
- Use the 5th Avenue entrance to our West Reading campus.
- For FREE valet parking, patient drop-off, or assistance, follow the driveway straight back and beneath the building to the valet station. The station will be marked in blue; our valets wear blue shirts.

- If you prefer to park your own car:
 - make the 1st left turn into the 5th Avenue Garage.
 - proceed up one level.
 - use reserved parking spaces marked with red Regional Heart Center symbols that match the symbol on your parking tag.
 - enter through the double glass doors on the left to the Regional Heart Center.
 - follow the hallway straight ahead and turn right at the brick wall.
 - take the next left turn into the registration area for the Regional Heart Center.

date: _____

time: _____

report to: Regional Heart Center
N-Building, 1st Floor



**The Reading Hospital
Regional Heart Center**
PO Box 16052
Reading, PA 19612-6052

Located at: Sixth Avenue and Spruce Street,
West Reading, Pennsylvania

Visit our website
www.readinghospital.org



**The Reading Hospital
Regional Heart Center**

Your physician has scheduled you for a special type of diagnostic study called an exercise stress echocardiogram. This brochure explains the procedure so you know what to expect.

ABOUT STRESS ECHO STUDIES

An exercise stress echocardiogram — frequently called a stress echo study — provides your physician with additional information about your heart. During the study, a special instrument called a transducer is positioned on various parts of your chest. This transducer emits sound waves which create images of your heart's structure and movement that can be viewed on a video screen.

These images will be taken both before and after you exercise. A cardiologist then compares the two images to detect any changes in the way your heart responds to exercise.

PREPARATION

Please follow these instructions:

- **Do not eat or drink anything for two hours before your appointment.**
- Please check with your physician now about not taking Beta-blocker medicines (i.e., Toprol®, Lopressor®, Atenolol®, Labetolol®) before the test. These medicines may keep your heart rate low and affect the test results.
- Take all other scheduled medications with sips of water unless your physician tells you otherwise.

- PLEASE BRING A LIST OF YOUR MEDICATIONS WITH YOU.
- Wear a two-piece outfit and shoes or sneakers that are comfortable for walking.
- Please allow 1½ hours for the procedure.

REGISTRATION

When you arrive at the Regional Heart Center, please check in at the registration desk to verify personal and health benefits data. You will be asked for your list of medications, and weighed. You will also be asked to sign a consent form.

A note to inpatients: while you are hospitalized, your nurse will guide you through all preparations, and will arrange for your transportation to and from the Regional Heart Center.

PROCEDURE

Next, you will be directed to a changing area, where you will undress from the waist up. You will be given an examination gown to put on over your shorts or slacks.

A technician will apply gel pads to your chest. These pads will be connected to a monitor that allows us to continually check your heart rate and rhythm throughout the test.

After helping you lie down on a litter, our technologist will place a transducer with warm gel on your chest. This provides us with the resting images of your heart.

Next, you will be asked to exercise on the treadmill. As the test progresses, the treadmill increases in speed and incline at regular intervals.

A cardiologist — a physician specializing in the study and care of the heart — will be present throughout the test. If you experience unusual symptoms at any time, such as chest or arm pain, shortness of breath, or lightheadedness, tell us immediately.

Upon completion of the treadmill exercise, you will lie down on the litter, and the technologist will obtain the post-exercise pictures of your heart.

When the second set of images has been taken, you will be directed back to the changing area where you may put on your clothing, and then leave. You may resume your normal activities.

FOLLOW-UP

The results will be sent to your personal physician, who will discuss the findings with you at your next appointment.

If you have any questions, or need to cancel your appointment, please call 610-988-8052.

