



## HOSPITAL BRITÁNICO

### **Exercise stress echocardiography:**

It consists of visualizing the heart by echocardiography while performing a physical effort.

It is used with patients who cannot do a conventional stress test or to improve the diagnostic performance of it.

The study is carried out on a supine bicycle that allows you to pedal lying down, will be monitored throughout the test with electrocardiographic tracing and echocardiographic study.



### *Patient Information/ Preparation for Medical Study:*

- Given the importance of the result of the study (diagnosis, prognosis and decision making) it is necessary, if possible, to attend with previous studies.
- Present a Medical Prescription for the Study.
- You will need to read and sign an Informed Consent for the study.
- Attend 15 minutes' prior the scheduled time.
- In case of not attending, the patient is asked to notify as far in advance as possible.
- Fasting 4 hours prior to the assigned time, being able to take the medication indicated by your doctor.
- Discontinue medication such as beta-blockers and calcium blockers 36 hours prior, or nitrites 24 hours prior.
- If there is no such clarification by the doctor, the drugs should be discontinued as indicated above.
- Avoid drinking cola drinks, tea, mate, coffee, tobacco or any other stimulant, 24 hours before the study.
- You must attend in comfortable shoes and clothing.