

Stress echocardiography with physical exertion

The purpose of the patient information material is to introduce what stress echocardiography involves and what is expected of the patient.

Stress echocardiography is an ultrasound examination of the heart, during which the heart muscle and the effectiveness of its functioning before and after physical exertion are assessed. The study can diagnose coronary heart disease by assessing changes in the movement of the heart wall using echocardiography, as well as changes in the electrocardiogram.

The test is performed on a treadmill with an adjustable load, with an ultrasound device used to record the heart's activity. During the test, the load is gradually increased at intervals of 3 minutes, resulting in the treadmill belt moving faster and inclining upwards to imitate a hill climb.

To ensure a successful examination, please comply with the following requirements:

- Do not eat or drink coffee one (1) hour before the start of the examination.
- Do not smoke before the examination.
- On the day of the examination, take any prescribed medications as directed by your doctor.
- If you have asthma or chronic lung disease, please bring along the appropriate medications.
- When coming to the study, bring comfortable sports shoes with thin soles or thick socks, as well as comfortable trousers and towels. Women are advised to wear a comfortable bra.

Electrodes will be attached to your chest and connected to the recording device. To better fix the electrodes, it may be necessary to shave the area of the skin where the electrodes will be placed beforehand. To measure your blood pressure, a cuff will be placed around your upper arm.

During the examination, your heart will be monitored using an ultrasound machine, and an electrocardiogram (ECG) will be taken. Your blood pressure will also be measured, and your general condition and any symptoms you have will be monitored. At the end of the study, your post-load recovery will be evaluated.

The length of the examination depends on your physical condition and any changes to your heart during the examination. The examination usually lasts up to 60 minutes.

The results of the examination will be communicated electronically to your treating physician, who will arrange further treatment.

If you have any questions about the examination, please contact your doctor or nurse.

If you are unable to come to the examination at the agreed time or would like to change the examination time, please telephone 620 7417 and let us know as soon as possible.





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Approved by the decision of the Medical and Nursing Care Quality Commission of
Aktsiaselts Ida-Tallinna Keskhaigla on 27. August 2025 (Protocol No. 2.2-8/3-25)