



Patient Instructions for Regular Stress Test or Stress Echo
Three Village Cardiology

Test Time: 30 minutes

Preparation: Wear comfortable clothes for walking on a treadmill.

Purpose: This test measures your physical condition and heart function. You will be asked to walk on a treadmill that gradually increases in speed every three minutes until you have reached your target heart rate or if you indicate you can't walk anymore. For a stress echo you will have ultrasound pictures of your heart taken before you walk on the treadmill and within a minute after completing the treadmill portion.