

DIFFERENT KINDS OF Stress Tests



Plain Treadmill

You will walk on the treadmill while being monitored with EKG tracings and blood pressure readings. **NO ADDITIONAL** imaging is performed.

TAKES 30 MINUTES +/-

Nuclear Stress

Imaging is performed before and after stress* using nuclear cameras. You will require an injection of an imaging tracer for each image. The imaging tracer **WILL NOT** cause you to feel differently.

TAKES 2-3 HOURS

**You may have treadmill-induced stress or chemical-induced stress (aka Lexiscan®). Please see below.*

Treadmill-Induced

You will walk on the treadmill until reaching the target heart rate and maximal effort. Once target heart rate is reached, the nuclear tracer is injected. You will continue to walk for one minute. (**NOTE:** If you cannot reach target heart rate, test can still be converted to a chemical-induced stress.)

Chemical-Induced (aka Lexiscan®)

You will receive a 10-second injection of a medicine called Lexiscan® followed by a nuclear tracer injection. Lexiscan® causes arteries to dilate. The heart rate may increase, but it does not “race.” Patients usually feel short of breath or just “off” for a couple minutes. Any lingering side effects can be reversed with caffeine consumption or an injection of another medicine called Aminophylline®.

Your doctor determines what type of testing is appropriate for your situation based on your health history.

Stress Echo

Imaging is performed before and after/during stress** using ultrasound.

TAKES 60 MINUTES +/-

***You may have treadmill-induced stress or chemical-induced stress (aka dobutamine). Please see below.*

Treadmill-Induced

You will walk on the treadmill until maximal effort is achieved. You will then be asked to lie down immediately for ultrasound imaging.

Chemical-Induced (aka dobutamine)

You will be given a progressive dose of a medicine called dobutamine. Dobutamine causes the heart to beat faster and harder. Imaging with ultrasound is performed during the dobutamine administration. All effects felt from dobutamine typically resolve within ten minutes of stopping the infusion.

Springfield
clinic

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