

Stress Echocardiogram



Cardiology services are provided in the Specialist Outpatient Clinic, Emergency Department, Intensive Care Unit and as an inpatient service. A full spectrum of care is provided to cardiac patients as well as healthy individuals who wish to reduce their future risk of cardiovascular disease. Our patients may be referred from the polyclinics or from private practitioners.

What is a stress echocardiogram test?

A stress echocardiogram is a procedure that combines an echocardiogram and a stress test. It allows a cardiologist to assess the heart's response under stress. A cardiologist will compare ultrasound images obtained before and after a period of stress to determine if any part of the heart contracts abnormally to indicate a lack of blood supply to these areas.



What is the purpose of the test?

A stress echocardiogram can help your doctor determine if your heart is getting enough oxygen and blood when it is working harder. It can also determine whether your heart's valves and muscles are working properly. The test is able to reveal how your body responds to exercise or medication and can help your doctor evaluate your cardiac status in relation to any past history of heart attacks, It can also aid in monitoring any symptoms or irregular rhythms that may develop during stress.

Before the test

- Wear loose-fitting clothing that is preferably two-pieced (e.g. shirt or blouse and pants) and shoes that are suitable for exercise.
- Consult your doctor:
 - if you should stop taking beta-blocker medication (e.g. atenolol) 24 to 48 hours before the test
 - if regular medication can be taken on the day of the test
 - if you are having chest pain or feel unwell
- Avoid having a heavy meal two hours before the procedure
- Bring your inhaler if you have asthma
- You will be asked to sign a consent form for this test
- Arrange to have someone drive or accompany you home

You are advised to come at least **15 minutes** before your appointment. Please call us in advance to reschedule if you are unable to come.

During the test

The test may take about an hour.

- Electrodes are placed on your chest to record your electrocardiogram (ECG) before, during and after stress and monitor your heart rate and rhythm.
- A cardiologist will monitor your ECG, blood pressure readings and echo images, as well as any symptoms you may experience during the test.

There are two ways that stress can be accomplished:

Treadmill (exercise stress echocardiography)

- You will walk on the treadmill under the supervision of a cardiologist and be required to exercise until you achieve a target heart rate and work Metabolic Equivalent.
- Images will be obtained before and immediately after the exercise while your heart rate is still high.



Dobutamine (chemically-induced)

- Patients who cannot exercise on a treadmill can opt for this.
- You will receive an intravenous injection (IV) for medication to be is given over time to increase the workload of the heart.
- You will receive an intravenous injection (IV) for medication to be is given over time to increase the workload of the heart.
- During the procedure, it is normal to feel your heart beating faster and harder. You may also feel a little short of breath.
- If you experience any chest discomfort or feel unwell during the procedure, please inform your cardiologist or cardiac technologist.



Is the test safe?

The risk associated with a stress test is small. Careful monitoring by your cardiologist enable possible complications such as arrhythmias and chest pain to be addressed in a timely and adequate manner.

When will I know the results?

The supervising doctor will review the heart images of the scan and ECG recordings, and you will be informed of the results at your next appointment.

Notes:

For more information

Ng Teng Fong General Hospital and Jurong Community Hospital

1 Jurong East St 21, Singapore 609606

www.ntfgh.com.sg | www.jch.com.sg

Clinic opening hours

Monday – Friday: 8.30am – 5.30pm

Saturday: 8.30am – 12.30pm (Selected clinics only*)

Dental Clinic: Monday – Thursday: 8.00am – 5.30pm, Friday: 8.00am – 5.00pm

*Please refer to our websites for more details.

General enquiries & appointments

General enquiries line: 6908 2222 (24-hr)

Fax: 6716 5500 | Email: contactus@nuhs.edu.sg

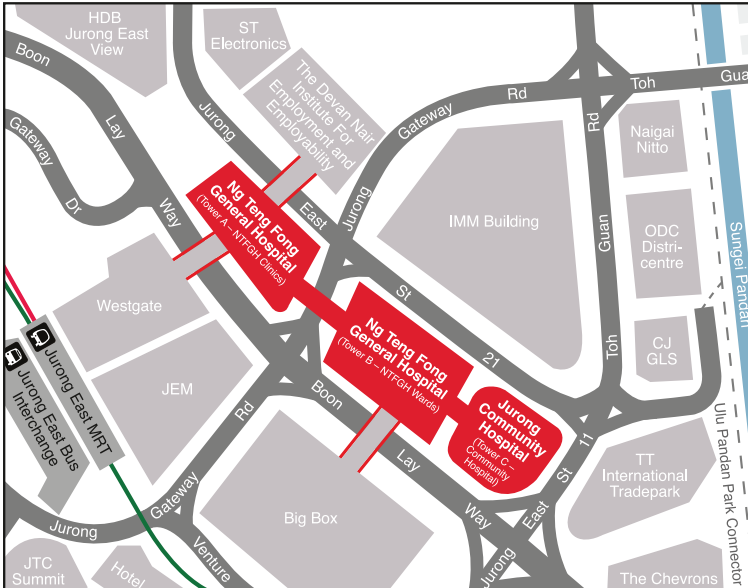
Appointment line: 6908 2222 (Monday – Friday: 8.00am – 5.30pm, Saturday: 8.00am – 12.30pm)

Fax: 6716 2200 | Email: appointment@nuhs.edu.sg

Dental appointment line: 6716 2233 (Monday – Friday: 8.00am – 5.30pm)

Fax: 6716 2200 | Email: JHCampus_Dental@nuhs.edu.sg

Getting there



By train

Alight at Jurong East MRT Station

By bus

Jurong East Bus Interchange

41, 49, 51, 52, 66, 66B, 78, 78A, 79, 79A, 97, 97E, 98, 98M, 105, 143, 143M, 160, 160A, 160M, 183, 183B, 197, 333, 334, 335, 506

Along Boon Lay Way

49, 99, 333, Private bus service 625, 990

Disclaimer:

The information in this brochure is meant for educational purposes and should not be used as a substitute for medical diagnosis or treatment. Please seek your doctor's advice before starting any treatment or if you have any questions related to your health, physical fitness or medical condition. Information is accurate at the time of printing.