

# Stress echocardiogram

A stress echocardiogram, or stress echo, is a simple and painless test that uses ultrasound to build pictures of your heart and monitor its response to added strain from exercise. The team will also use an Exercise Treadmill Test (ETT) to measure the effects of stress on the electrical activity of your heart. Our Cardiologists and team of Physiologists perform stress echocardiograms in our outpatient cardiology facility.

## Prompt identification of issues relating to the heart

Echocardiograms are used to find and detect a number of issues relating to your heart, including:

- Damage that might have been caused by a heart attack
- Any defects caused by congenital heart disease
- Thickened or hardened walls of your heart (known as cardiomyopathy)

The first step is to have an initial consultation with one of our Consultant Cardiologists. With no waiting lists, you can access prompt care at a time that suits you, whether you are paying for yourself or have medical insurance.

## Prices & payment

We offer a guide price of:

Stress echocardiogram  
£600

The guide price is based on the usual clinical needs of patients. For more information, please see our [terms and conditions](#).

## What to expect from a stress echocardiogram

## What does a stress echocardiogram involve?

A Consultant Cardiologist, specialising in stress echocardiograms, supported by a Physiologist and a Cardiac Nurse, will perform the test.

You'll need to remove your clothing from the top half of your body and you will be offered a gown to cover yourself. Several sticky pads called electrodes will be placed on your chest, which are connected to the ETT machine to measure the effects of stress on the electrical activity of your heart. An ultrasound probe will be covered with lubricating gel and you'll be asked to lie on your left side while the probe is moved around your chest.

Using sound waves, the probe will build moving images of your heart, which can be reviewed and analysed after the test is completed.

## What is the difference between a stress echocardiogram and a standard echocardiogram?

A stress echocardiogram uses a safe drug, which is used to support patients with heart failure. The drug is administered, by increasing the dose every three minutes over four repetitions. The drug increases your heart rate in a controlled manner, allowing us to assess your heart's function. This is useful for patients who have difficulty performing strenuous physical activity.

## Does the test hurt?

An echocardiogram is a painless safe test, although you might feel some slight discomfort as the sticky pads are removed from your chest. The lubricating gel might also feel a little cold when it is first applied.

Echocardiograms don't use any radiation, so the test is perfectly safe for everyone, including pregnant women.

## When can I get my results?

The specialist Stress Echo Cardiologist will discuss the results with you immediately, and a copy of your results will be sent to your referring Cardiologist to be discussed at your next appointment. This will then be used to determine if any further treatment is needed.