

**Echocardiogram:**

**Purpose**

Ultrasound waves are used to examine the heart's size, pumping strength, valve shape, the presence of blood flow etc.

**Preparation**

No special preparations are necessary. Be prepared to undress from the waist up and place on a short hospital gown. The test should last approximately 30-45 minutes.

**Exercise Stress Test:**

**Purpose**

This test allows doctors to determine how well your heart functions when it is made to work harder during the test. An electrocardiogram records the electrical activity of your heart.

**Preparation**

Avoid eating or drinking 3 hours prior to the test. If you are a smoker do not smoke for at least 3 hours before. Wear loose and comfortable clothing—something for exercising. Also wear comfortable walking shoes. This test should approximately last 30 minutes.

**Holter Monitor:**

**Purpose**

Portable device used to record the electrical activity of the heart on tape for 24 hours.

**Preparation**

No special preparation necessary. Monitor is worn for 24 hours. The monitor cannot get wet, so be sure to bathe prior to appointment.

**Appointment Information**

**Date:** \_\_\_\_\_

**Time:** \_\_\_\_\_ am/pm

**Location**

- Riverdale 770-907-9009
- Stockbridge 770-692-4000
- Griffin 770-233-3309
- East Point 404-761-3993