

Cardiac Stress Test

(Stress echo test)

My Hospital Story



Boston Children's Hospital

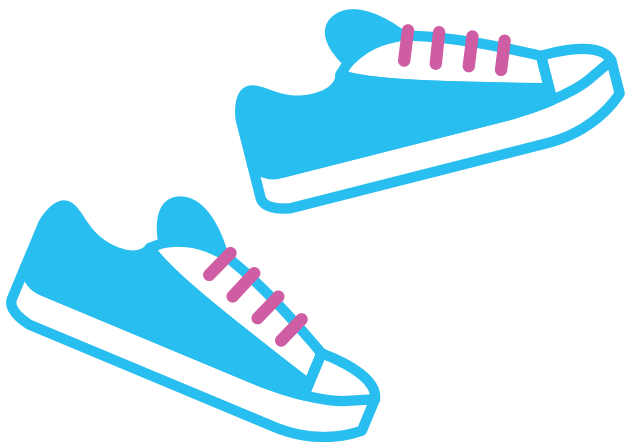
October 2024

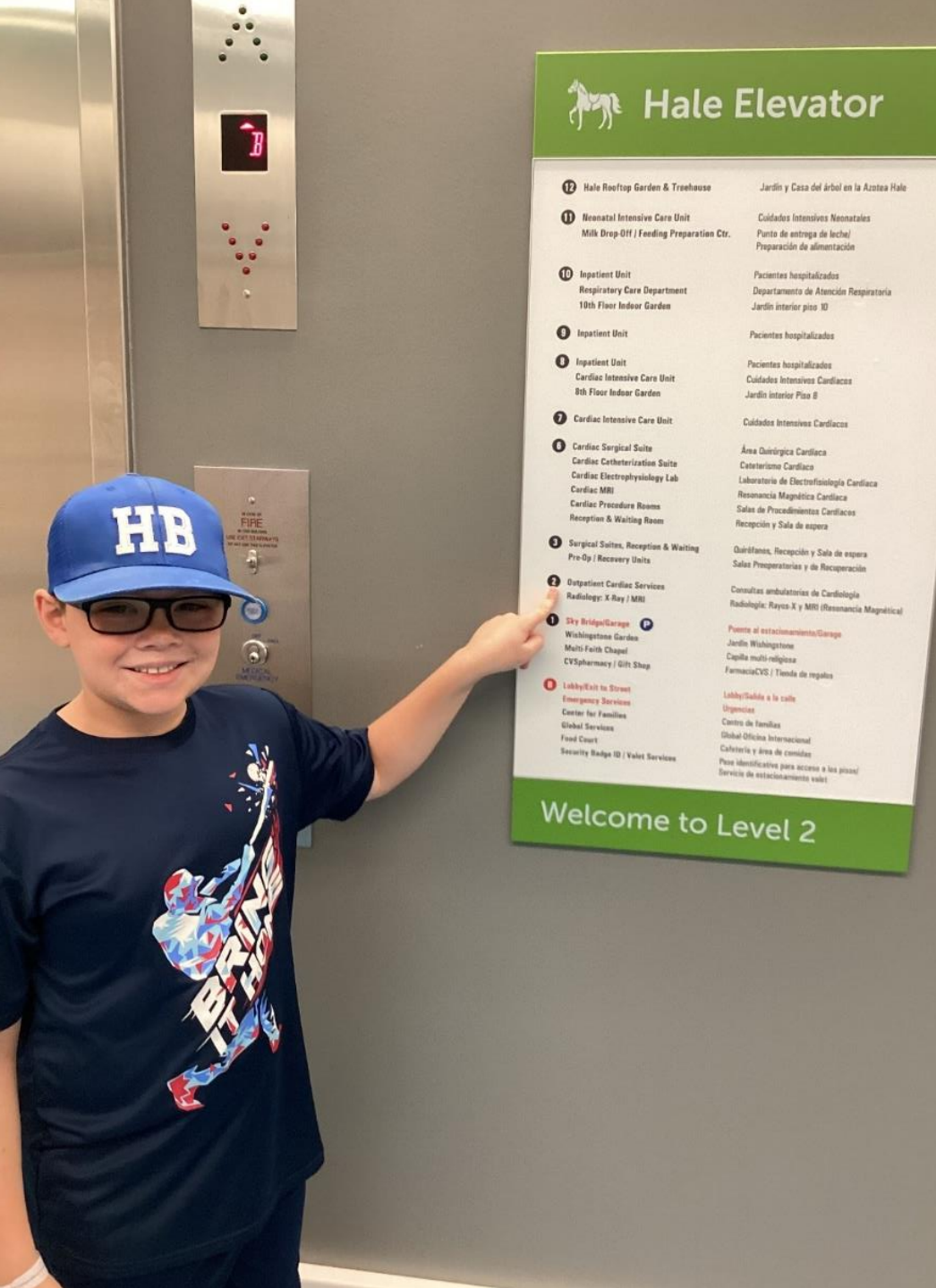
I am getting ready to have a stress echo at Boston Children's Hospital.



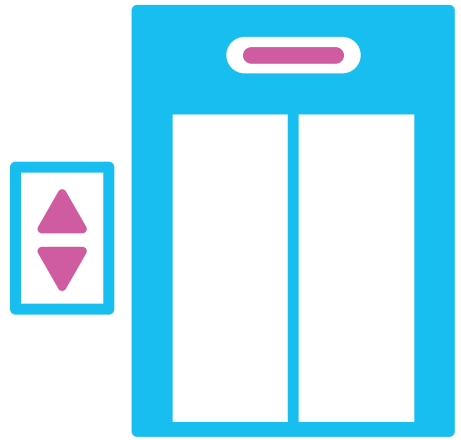
A stress echo is a special test to see how my heart is working when I exercise.

I'll wear sneakers and comfortable clothes for this test.





First, we'll walk to the Hale elevator and go to the Cardiac Clinic on the 2nd floor.



Then, we'll talk
with someone at
the front desk.

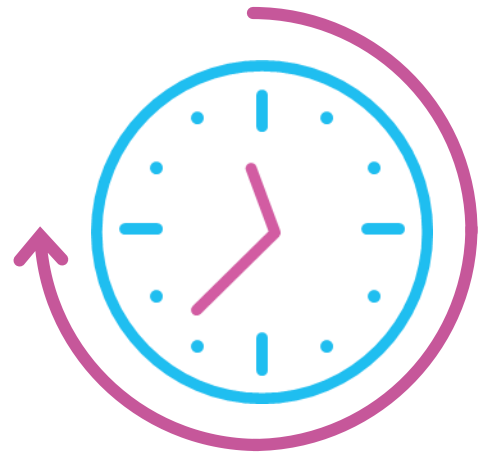
I'll get a bracelet
with my name
on it.





Next, we'll wait until
my name is called.

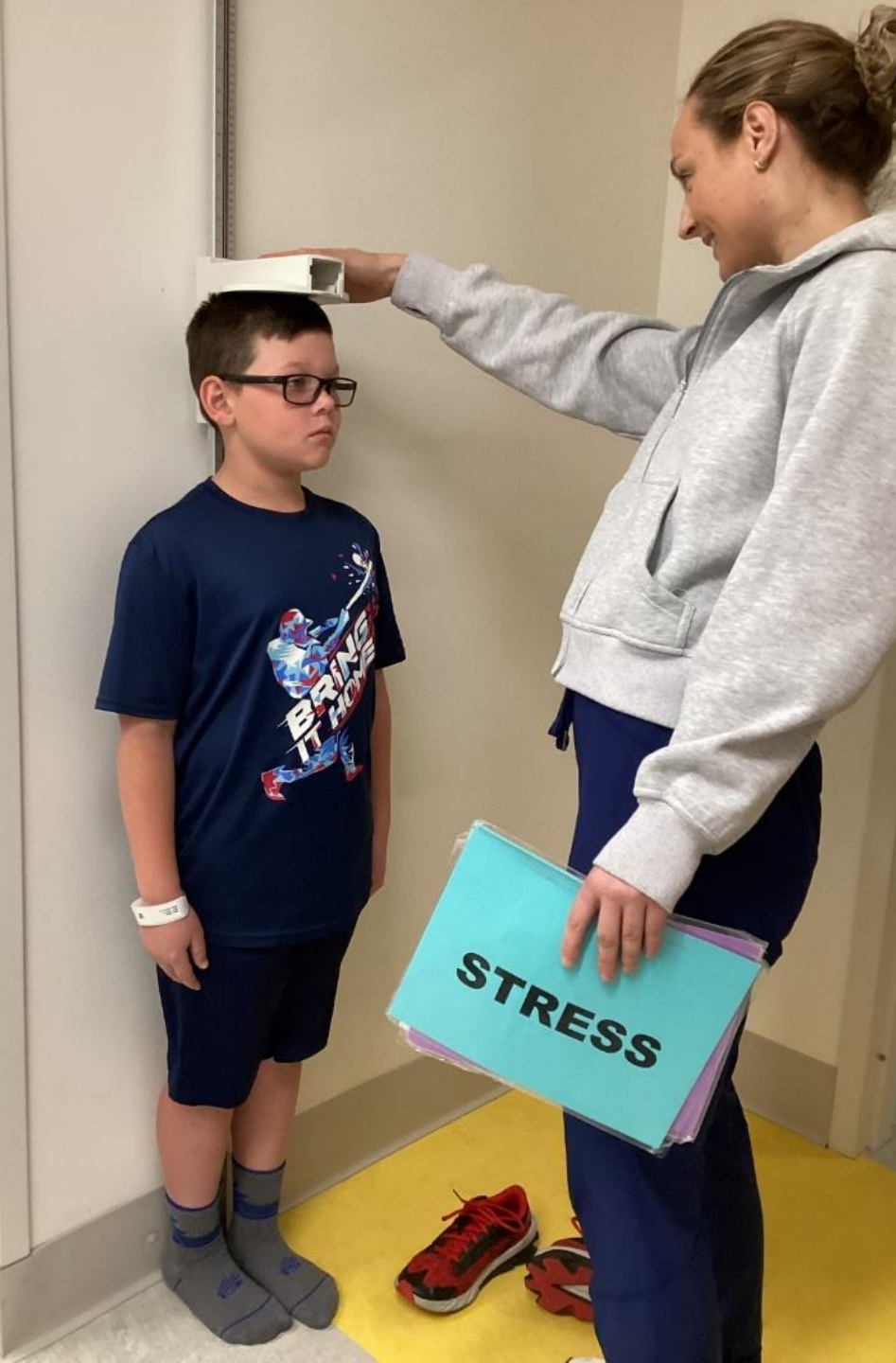
I can sit or play
quietly while I wait.



When it's my turn,
a clinical assistant
will say my name.

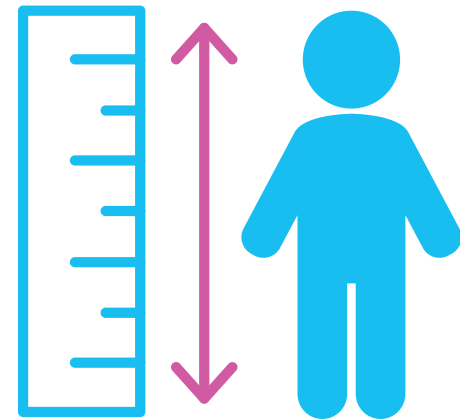
I'll stand on a scale
to see how much I
weigh.





They'll check to see how tall I am.

I'll stand with my back against the wall. A measuring stick will gently touch the top of my head.



Next, they'll check my temperature. A thermometer will gently touch my head and the side of my face.

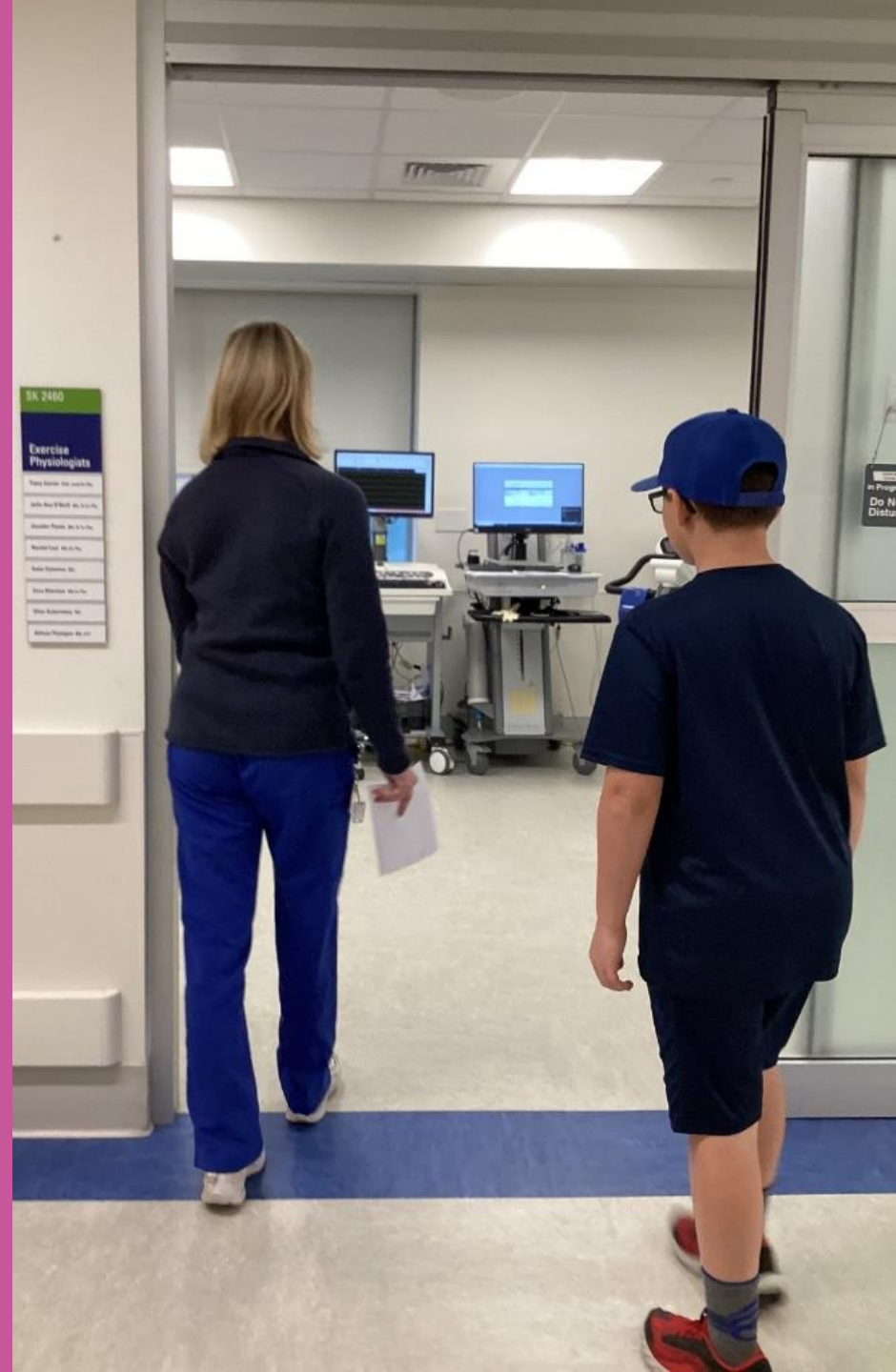




I'll walk back to the waiting room until it's time for my stress test.



When it's time,
the exercise
physiologist will
bring me to a new
room called the
exercise lab.





The physiologist will talk to me about what I need to do during the test.





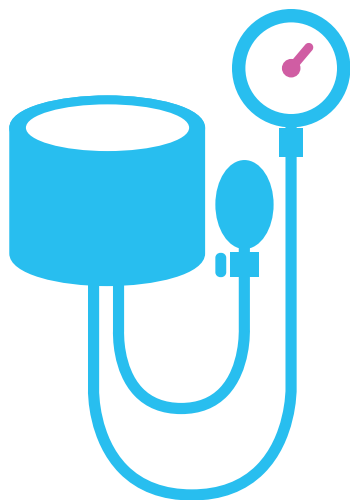
First, the physiologist will place 10 small stickers called electrodes on my chest and stomach.



Then, they'll attach wires to the electrodes and place a soft belt around my waist.

The physiologist will check my blood pressure.

I'll feel a small squeeze on my arm.





Next, I'll lie down on the exam bed for an echocardiogram or "echo." This test takes pictures of my heart.



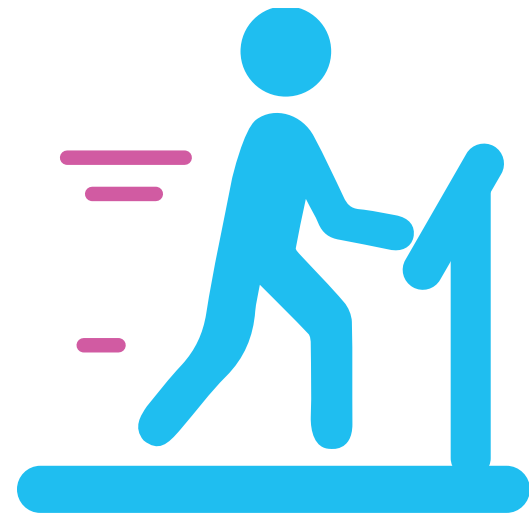
The echo technologist will put gel on the end of a small camera.

The gel helps the camera glide over my chest and stomach. The gel might feel warm.



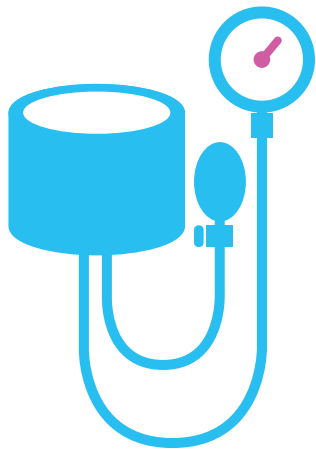


After my echo, I'll stand on the treadmill and hold the handlebars. I'll start to walk slowly.



The physiologist will take my blood pressure a few times while I'm on the treadmill.

I'll feel a small squeeze on my arm.





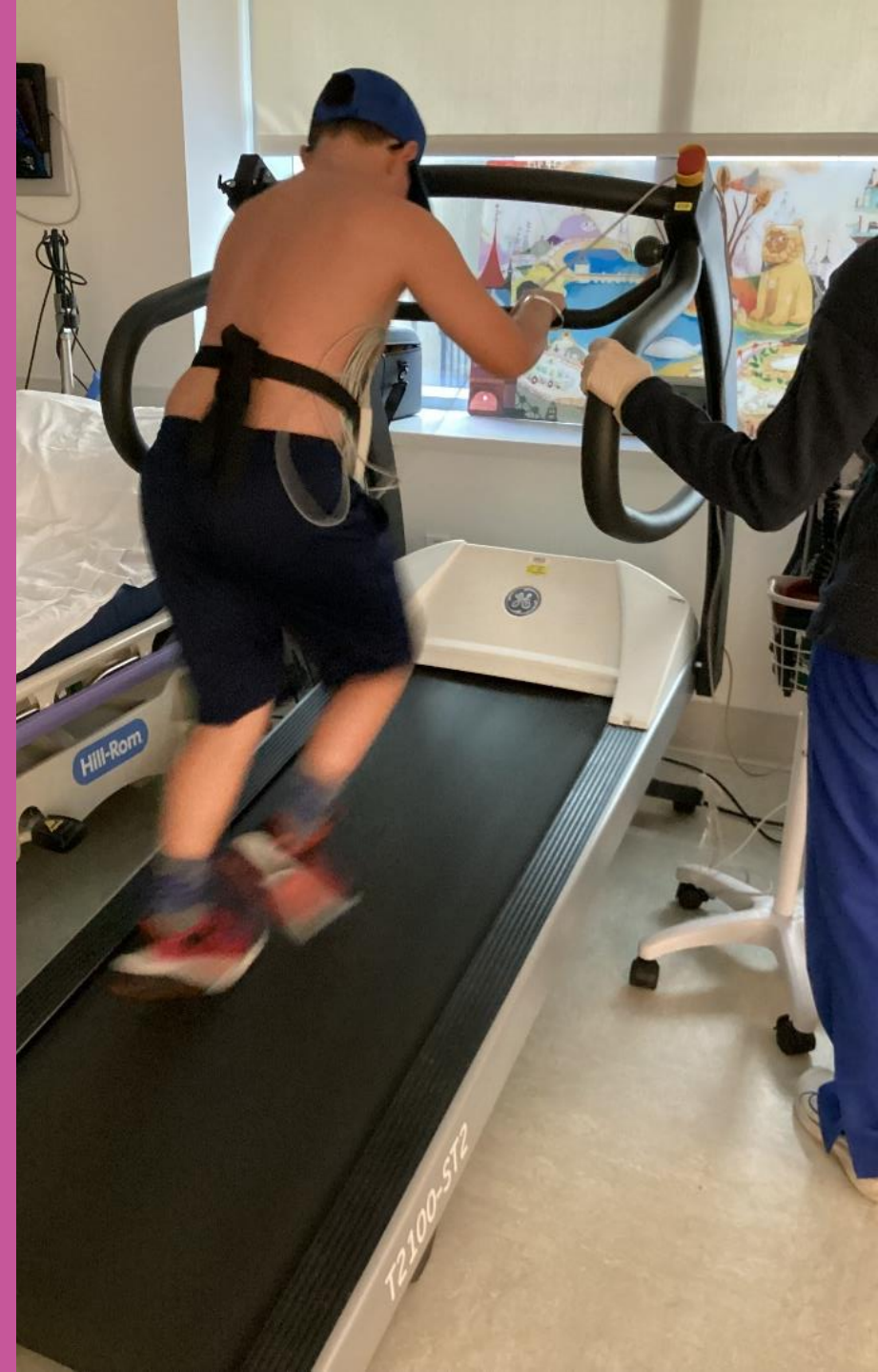
The treadmill speed will get faster, so I'll need to walk faster.

I can let the physiologist know how I'm feeling.



The physiologist will ask me to run and the treadmill will go faster. I might breathe faster and feel tired.

I can let the physiologist know if I need to stop.





After running, I'll lie down on the exam bed for another echo.



Then, I can sit
and take a break.
I can have a
drink of water.





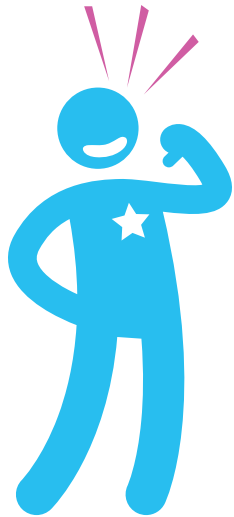
After my break, I can take off the electrodes. I might feel a small pull on my skin.

I can ask my caregiver or the physiologist to help me.



My test is over.
I can change back
into my clothes.

Everyone will be so
proud of me for
doing a great job!



Developed by:

Autism Spectrum Center & Child Life Services