

Department of Cardiac Investigations

Discharge advice after your Exercise Stress Echocardiogram (ESE)

- Do take things easy for the next 24 hours.
- It is important to arrange for a family member or friend to drive you home.
- You may need to rest for the remainder of the day because the test may leave you feeling tired.

A full report will be sent to your referring specialist who will then communicate this with you and your GP

If you have any questions or any other concerns about your Exercise Stress Echocardiogram, please contact our Cardiology Bookings Team on 02476 965767 or your own GP

The Trust has access to interpreting and translation services. If you need this information in another language or format please contact 024 7696 5635 and we will do our best to meet your needs.

The Trust operates a smoke free policy.

To give feedback on this leaflet please email: feedback@uhcw.nhs.uk

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