**Types of Testing for Heart Disease**

Below are some of the common tests ordered by physicians to diagnose heart disease. Once you receive a diagnosis, contact ConnectCare3 to be assisted by a nurse navigator. A nurse navigator can help you understand your diagnosis, treatment options, and identify options for a second opinion.

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**Electrocardiogram (EKG)** - a non-invasive test that evaluates the electrical activity of the heart. To perform an EKG, a medical professional will place electrodes on your chest and limbs and the EKG machine will then record your heart rhythm.

**Stress Test** - a stress test examines your heart's ability to function while it is working hard. Patients typically will walk on a treadmill or ride a stationary bike and will be hooked up to a continuous electrocardiogram monitor during the test. For patients who are unable to exercise, they will be given a medication that simulates the effects of exercise on the heart.

**Transthoracic Echocardiogram** - an ultrasound image of your heart that examines both the structure of the heart as well as the heart's ability to pump blood.

- If detailed images are needed, your physician may recommend a **Transesophageal Echocardiogram (TEE)**. A TEE is more invasive, as a flexible tube with an ultrasound probe is placed down the throat into the esophagus where the physician will then obtain images.

**Cardiac Catheterization** - an invasive test used to diagnose and occasionally treat certain cardiovascular conditions. During a catheterization, a catheter is placed into a vein or artery in the arm, groin or neck and under x-ray guidance, threaded into the blood vessels of the heart. Patients are typically given medication so it is not painful but they are often awake for the duration of the procedure.