

Stress Testing Patient Information Sheet

A Stress Test is a safe, reliable, and easy-to-perform test. It is performed under the direct supervision of the doctor.

It is a simple procedure to rule out if there is any decreased blood flow in the heart arteries while under stress because most of the time, symptoms (angina) begin when the heart must do more work while in stress rather than resting. This test also helps in the diagnosis of various heart rhythm problems.

The Stress Test will take approximately 30 minutes - 1 hour. This does not mean you will be exercising the whole time. First, the technologist will ask you to fill out a consent and a brief cardiac history form. The technologist then will explain the procedure while hooking you up to ecg wires attached to electrodes stickers placed on your chest/body that will be connected to the treadmill to record your heart rate and heart rhythm. Then the technologist will also take a pre-blood pressure before the actual test. Once the technologist finished their pre-test. A doctor will then join the procedure, may ask questions, and begin the actual stress test.

The treadmill stress test begins with a warm-up stage, and then the speed is gradually increased, as well as the incline. Your blood pressure, heart rate, and heart rhythm will be monitored while exercising. You will be exercised to a predetermined target heart rate or exceed the target heart rate if you can exercise more.

After completing the stress test. You will be asked to sit or lay down on the bed for at least 5 minutes or more (a recovery stage). This ensures that no symptoms or heart-related activity may arise after the test.

You will receive a phone appointment at a later date; this is when the doctor will discuss the test results. A detailed report will be sent to your doctor as well.

Appointment: _____

See the back of the sheet for further instructions.

Stress Testing Instructions – On all medications

- Bring your **water bottle**.
- Wear comfortable clothing and **RUNNING SHOES**. Bring your towel to wipe after the test.
- Do not wear creams, lotions, oils, or powders on your chest on your test day.
- Children will not be allowed in the room for the test; please arrange childcare.
- Friends and/or family will be asked to wait in the car or lobby while you have your test (unless needed for translation or assistance.)
- If you do not speak English, you are required to bring your translator.

Medications are to be CONTINUED AS NORMAL for this Stress Test.