



Cardiac & VeinwoRx

Instructions for Exercise Stress Test

******* TEST IS 2 HOURS *******

The exercise stress test involves exercising on a treadmill while you are closely monitored.

Why is this test performed?

The test is used to:

1. Determine your likelihood of having coronary artery disease
2. Identify abnormal heart rhythms
3. Evaluate the effectiveness of your cardiac treatment plan

Please fast 2 hours prior to your appointment time.

Do not consume any Caffeine 24 hours prior to your test:

No Coffee (Including Decaf), No Tea, No Soda Beverages, NoDoz,

No Chocolate

No Headache Medicine (Excedrin, Motrin, Tylenol, Fioricet, Fiorinal, Anacin, etc.)

(Please bring your medications with you to take immediately after the test)

Do not take these Beta Blockers 24 hours prior to your test, unless otherwise instructed by your physician:

Acebutolol – (Sectral)

Betaxolol – (Kerlone)

Carteolol – (Cartrol)

Esmolol HCL – (Brevibloc)

Metoprolol – (Toprol, Lopressor)

Nadolol – (Coregard)

Pindolol – (Visken)

Sotalol HCL – (Betapace)

Atenolol – (Tenormin)

Bisoprolol – (Zebeta)

Carvedilol – (Coreg)

Labetalol HCL – (Normodyne, Trandate)

Metoprolol XL – (Toprol XL)

Nebivolol – (Bystolic)

Propanolol – (Inderal, Innopran)

Timolol – (Blocadren)

Do not take these Beta Blocker Combos 24 hours prior to your test:

Atenolol/Chlorthalidone – (Tenoretic)
Metoprolol/HCTZ – (Lopressor HCT)
Propanolol HCL (SA) – (Inderal (SA))

Bisoprolol/Hydrochlorothiazide – (Ziac)
Nadolol/Bendroflumethiazide – (Corzide)
Timolol/HCTZ – (Timolide)

If you use an inhaler for your breathing, please bring it to the test.

Guidelines for people with diabetes

1. If you take insulin to control your blood sugar, your physician will tell you to take only half of your usual morning dose and to eat a light meal four hours before the test.
2. If you take pills to control your blood sugar, do not take your medication until after the test is complete.
3. Do not take your diabetes medication and skip a meal before the test.
4. If you own a glucose monitor, bring it with you to check your blood sugar levels before and after your test.
5. If you think your blood sugar is low, tell the lab personnel immediately. Plan to eat and take your diabetes medication following your test.

How is the test done?

Please wear or bring comfortable clothes and shoes suitable for walking.

1. Your test will take place in the Stress Lab.
2. First, a stress lab technician will place on your chest and the electrodes. The electrodes are attached to an electrocardiograph (EKG) monitor that charts your heart's electrical activity during the test.
3. Before you start exercising, the technician will perform a resting EKG, measure your resting heart rate and take your blood pressure.
4. You will exercise on a treadmill. The lab personnel will ask you to start exercising and will gradually increase the intensity of exercise. You will be asked to continue exercising until you are exhausted.
5. At regular intervals, the lab personnel will ask how you are feeling. Please tell them if you feel chest, arm or jaw pain or discomfort; short of breath, dizzy, lightheaded or if you have any other unusual symptoms.
6. The lab personnel will watch for any changes on the EKG monitor that suggest the test should be stopped.
7. After the test, you will walk slowly for a few minutes to cool down. Your heart rate, blood pressure and EKG will continue to be monitored until the levels are returning to normal.

How will I feel during the test?

You will be encouraged to exercise until you are exhausted. It is normal for your heart rate, blood pressure, breathing rate and perspiration to increase.

How long does the test take?

The appointment will take approximately about 2 hours. The average exercise time is usually between 7 and 12 minutes.

How do I get the results of my test?

After a cardiologist has reviewed your test, the results will be entered into your electronic medical record. Your physician will have access to the results and will discuss them with you.