

EXERCISE STRESS TEST

An exercise stress test is designed to evaluate your heart and its response to exercise when the blood/oxygen demands are increased. It is a helpful tool in the screening and prediction of heart disease. It also provides important diagnostic information about your blood pressure, your exercise potential, and aids in the identification of abnormal heart rhythms.

What to Expect:

You will be asked to walk on a treadmill with levels of speed and elevation increasing at 3 minute intervals. During this time, your blood pressure, heart rate and EKG will be monitored by our trained staff. It is important that you report any symptoms of chest discomfort, shortness of breath, arm, neck or jaw pain, and/or any other general discomfort during the exam. The test will be stopped when you reach your maximum heart rate or may be stopped for fatigue, significant symptoms, or EKG changes. Upon completion of your treadmill test, one of our providers will review the results with you. Your appointment will be completed in approximately 30-45 minutes.

Your Preparation:

1. Wear loose comfortable clothing (no dresses ladies) and good walking/running shoes (no open toed shoes).
2. No body oils, lotions or powders to the chest on the day of test as these keep the electrodes from sticking properly.
3. **IMPORTANT**: If you are taking certain medications, you may be asked to withhold them for 1-2 days prior to your appt. **Be sure to check with our office as to any medicine restrictions. If instructed to hold any medications please bring the medication with you to your appointment.**
4. On the day of your scheduled stress test, please do not bring any minor children under the age of 18 without another supervising adult. Should there be an emergency, we are unable to accommodate them.