



# **EXERCISE STRESS TEST**

## **PATIENT INSTRUCTIONS**

### **PREPARATION**

- **Diet:** Nothing to eat 3 hours prior to test. You may drink within reason.
- **Clothing:** Wear two-piece, loose fitting clothing and rubber-soled walking or running shoes that are comfortable for exercising.
- **Do not use** bath oil, lotion or powder on the morning of the test. You may use deodorant if desired.
- **Medications:** Take your medications the day of your appointment, unless otherwise instructed by your physician.
- **Insurance:** If you are covered by an insurance plan that requires pre-authorization from your primary care physician, please make those arrangements prior to your visit.

### **BRIEF EXPLANATION OF SEQUENCE OF TEST**

- You will need to undress from the waist up; women will be given a gown to wear.
- Electrodes will be placed on your chest to monitor your heart rate. The skin may need to be lightly scraped and men may have chest hair shaved to be able to obtain a clear test result.
- Blood pressure cuffs will be used during the test. Please inform the staff if there is a problem using a blood pressure cuff on one arm.
- You will be asked to walk on the treadmill. As you are walking on the treadmill, the speed and/or incline will be increased every few minutes.
- It is important to tell the staff if you are having chest pain or discomfort, dizziness, breathing difficulties, or any other problems.
- You will be asked to exercise for as long as you possibly can or until you have cardiac symptoms. The exercise will end at your request; however, the doctor or staff member may stop the test before then if he or she has the necessary information.
- When the exercise part of the stress test is completed, the treadmill will gradually slow down. A staff member will be standing next to you to assist you. For your safety, please hold onto the bar at the front of the treadmill.

### **QUESTIONS/CONCERNS**

You will be contacted the day before your test to confirm your appointment time. Any questions or concerns you may have can be answered at that time or you may call our office.

***Thank you for your time, patience, and cooperation!***