



STRESS TEST INSTRUCTIONS

A stress test is a medical procedure that checks how well your heart works when it's challenged by exercise. During a stress test, you'll walk on a treadmill while monitored by an ECG machine and a healthcare professional.

TO CANCEL THE STRESS TEST, PLEASE CALL US 48 HOURS BEFORE THE TEST.

TO PREPARE:

- **CONFIRM YOUR APPOINTMENT ONE WEEK IN ADVANCE**
- Wear comfortable clothes and runner shoes. Remove any jewelry.
- Do not eat a large meal 3 hours before the test.
- **DO NOT TAKE DAY OF OR DAY BEFORE THE TEST:**
 - ACEBUTOLOL, ATENOLOL, BISOPROLOL (Monacor), COREG (Carvedilol)
METOPROLOL, LABETOLOL, PROPANOLOL (Inderal), CARDIZEM, DILTAZEM (Tiazac), VERAPAMIL (isoptin)
- REMOVE YOUR NITRO PATCH THE DAY OF THE TEST if you wear one.

WHAT TO EXPECT:

Try your best to complete the treadmill test. If the target heart rate is not achieved the test will not be usable. The entire appointment may take up to an hour, but the exercise portion lasts for 10-15 minutes. During your appointment:

- **Electrode placement:** Sticky electrodes will be attached to your chest and sometimes your arms and legs to record your heartbeat.
- **Resting measurements:** Your blood pressure and heart rate will be taken while you're at rest.
- **The exercise:** You'll begin walking on a treadmill at a slow pace. The speed and incline of the treadmill increase every 3 minutes until your heart rate reaches about 90% of the maximum predicted for your age.
- **Monitoring:** Throughout the exercise, your heart rate, blood pressure, breathing, and any symptoms you may experience will be closely monitored.
- **Cool-down:** After you reach your target heart rate or experience symptoms, you'll slowly cool down by walking at a slower pace.
- **Recovery:** Your blood pressure and heart rate will be monitored until they return to normal.

If you have any CHEST PAIN or UNUSUAL SHORTNESS OF BREATH before the treadmill or during the treadmill test, please INFORM OUR STAFF.

THERE IS \$150 CHARGE FOR MISSING THE TEST