

What is an Exercise Stress Test?

An Exercise Stress Test assesses your heart and its response to increased workloads or stress.

What will happen during the test?

- Upon arrival you will be asked to read a consent form.
- Once in the lab you will receive an explanation of the test and have your questions and concerns addressed prior to giving an informed consent.
- You will be prepped for the test so we can monitor your ECG, heart rate, rhythm and blood pressure throughout the test.
- One your test is completed you will be monitored for some time to ensure your cardiac status has returned to its baseline.

Preparation Instructions:

- This test takes about 1 hour to complete.
- DO NOT eat or drink for a minimum of 3 hours before your stress test. This reduces the likelihood of nausea/vomiting that may accompany strenuous exercise after drinking or having a meal.
- Medications – this test may be performed on or off some your medications. Ask and follow the specific instructions that your doctor provided to you before your test appointment.
- Bring all of your medications, including names and doses, with you.
- Dress in comfortable clothing and walking shoes.
- Do not wear body oils or powders, you may use deodorant. Perfume, cologne or heavily scented lotions should be avoided as some individuals may be sensitive or allergic to fragrance.