An exercise stress test is used to:

- Find problems with your heartbeat (rate and rhythm)
- Check for heart disease
- Check how well your plan of care is working
- Help you make an exercise plan

Ask your doctor about taking medications before the test

- You may need to make changes to what or how much you take
- If you have diabetes, ask your doctor what you should take before your test
- Do not stop taking any medications before talking to your doctor

24 hours (1 day) before your test

- Do not have any food or drink with caffeine (coffee, tea, soda or chocolate) until after your test
What is an Exercise Stress Test?

Day of Your Test:

- Take all medicine like your doctor tells you to. Bring your medications and inhaler (if you use one).
- Do not eat or drink anything except water for 4 hours before your test.
- Wear comfortable clothes and walking shoes.
- Do not smoke or use nicotine products.

How is the Test Done?

- Small, sticky patches are put on your chest to record your heartbeat (rate and rhythm).
- Your heart rate and blood pressure will be checked before and during the test.
- You will exercise on a treadmill or stationary bike.
- You will start slow and work harder as the test goes on. We will keep track of your blood pressure and heart rate and ask you how you feel.
- You may sweat and feel tired.
- You will exercise until you are very tired and need to stop.

How long does the test take?

- The appointment will take about 1 hour.
- You will not exercise the whole time.

How do I get the results of my test?

- Your doctor will talk to you about the results of your test.