

— What is an Exercise Stress Test? —



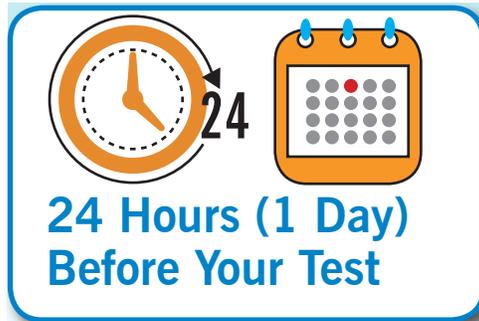
An exercise stress test is used to:

- 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



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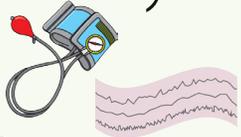
Day of Your Test

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?

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- 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 