

Exercise Stress Test



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



Medications Before the Test

Talk to your doctor about taking medications before the test



- You may need to make changes to what or how much you take. This includes diabetes medications.
- Do not stop or make any changes before you talk to your doctor.



Eating and Drinking Before the Test

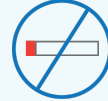
- Do not eat or drink anything that has caffeine in it for one day (24 hours) before your test.
- Examples: Coffee, tea, soda, chocolate, energy drinks.





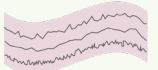
Day of the Test

- 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



What Happens During the Test?

- 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.
- You may sweat and feel tired
- You will exercise until you are very tired and need to stop
- You will not exercise the whole time



How Long Does the Test Take?

- The appointment will take about an hour.

How do I get the Test Results?

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

