

## Appointment Information

Date: \_\_\_\_/\_\_\_\_/\_\_\_\_  
mm dd yy

Time: \_\_\_\_\_

### What is a stress test ?

The stress test, also called an exercise stress test, is used to provide information about how your heart works during physical activity. As your body works harder during the test, it requires more fuel and your heart has to pump more blood. This test can reveal problems within your heart that might not be noticeable otherwise, also helps your doctor know the kind and level of physical activity that's right for you.

### Why do I need a stress test?

Your doctor uses the stress test to:

- Diagnose coronary artery disease
- Find out if you have an irregular heartbeat.
- Find out if your symptoms (such as chest pain or difficulty breathing) are related to your heart.
- Determine if there is adequate blood flow to your heart during increasing levels of activity.
- Evaluate the effectiveness of your heart medications
- Assess the function of heart valves if they are not functioning properly

There may be other reasons for your doctor to recommend a stress test

### How to prepare?

- You may be asked not to eat, drink or smoke for two to four hours before the test. You may drink water.
- Do not drink or eat foods containing caffeine for 12 hours before the test. Caffeine will interfere with the results of your test.
- Tell your doctor about any medicines you take. He or she may ask you not to take them before the test. Don't stop taking them unless the doctor says to.



# STRESS TEST PATIENT GUIDE

- Wear or bring comfortable clothes and walking shoes to the exercise stress test.
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## What happen during the test?

- You're hooked up to equipment to monitor your heart.
- You will begin to exercise by walking on a treadmill or pedaling a stationary bicycle.
- The rate of exercise or degree of difficulty will gradually increase.
- You may be asked to breathe into a tube for a couple of minutes.
- You can stop the test at any time if you need to.

