



## EXERCISE STRESS TESTING

### WHAT IT IS

- ♥ Stress testing allows for the detection of electrical changes in the heart when its blood flow is compromised.

### PREPARATION AND DURATION

- ♥ Wear comfortable clothing and shoes as you will be walking on a treadmill.  
Do not consume caffeine 2hrs before your test appointment (other foods and beverages are okay)  
A stress test takes approximately 45 minutes.

### WHAT TO EXPECT

- ♥ A technologist will bring you into the testing room, explain the test and conduct a short interview. You will be given a consent form to sign.

You will need to remove your shirt and lie down on an examination table (a paper gown will be given to female patients or as needed). ECG leads will be attached to your chest. Ultrasound gel will be applied to your chest and the technologist will use an ultrasound probe on your chest to acquire images of the heart.

After these resting images are obtained, you will be asked to walk on the treadmill. The speed and incline will start low and gradually increase until you feel that you cannot continue. Once the treadmill is stopped, you will be asked to quickly return to the exam bed to take images of your heart as it is exercising.

## RESULTS



The results of the stress echocardiogram will be reviewed and reported by a Cardiologist.  
The final report will be sent to your family physician.