



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.

ECG electrodes will be placed on your chest and then hooked up to monitor. A blood pressure cuff will be attached to your arm. The treadmill will start at a low speed and incline. The speed and incline will gradually increase until you indicate that you cannot continue.

RESULTS

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