





### **What is an Exercise Stress Test?**

A Cardiac Stress Test records your heart rhythm; heart rate and blood pressure while you or your heart are at exercise. Some heart problems only show up when your heart works harder than usual. This means that a resting heart test, called an EKG, may look normal. If you are over age 50, or have certain risk factors, your doctor may want a baseline stress test, so any future problems with your heart will be easier to spot. An exercise stress test is a good way for your doctor to determine your exercise capacity.

### **What happens when I arrive?**

When you arrive, check in at the Admissions desk. You will soon be taken to the Stress Test room, where the therapist will explain the procedure and risks, and ask you to sign a consent form. You will need to strip to the waist so small sticky patches (electrodes) can be attached to your chest. You will also be asked questions about your general health, activity level and any medications you may be taking.

### **What is the test like?**

During the test, the doctor will watch your heart tracing for any changes, and your heart rate and blood pressure will be closely monitored. We expect to see your heart rate and blood pressure increase during these tests. After all the electrodes are in place and all the needed information is entered into the computer.

### **Exercise Stress Test**

You will be asked to stand on a treadmill, with your feet on either side of the belt. Once the belt starts moving, you can step on, and walk with the belt. The treadmill will gradually increase in speed and incline. The computer increases the speed and slope every three minutes, and you walk until your heart reaches a certain level that is based on your age. After the exercise portion of the test ends, you will sit and rest for at least five minutes, until your heart rate and blood pressure get back to where they started.

### **Exercise Stress Test with Myoview**

You will perform an exercise test as above but an IV catheter will be inserted by a nurse before the test is started. Once the heart rate is at the target level during exercise, a radioactive dye will be injected. The exercise will continue for another 2 minutes, then will be stopped. Approximately 25 minutes after the exercise portion is stopped, you will be taken to X-ray, where a technologist will take images of the heart. This procedure will take approximately 20 minutes. You will be asked to return to the hospital for a resting study in 3 hours or the next day which ever your doctor prefers.



### **Persantine Stress Test**

This type of stress uses a drug called "Persantine" to increase the heart rate. This is typically used for patients that may not be able to walk for the period of time needed for the Exercise Stress Test. The procedure is basically the same but, an IV catheter will be inserted and you will be in a reclined position instead of walking on a treadmill. This test will also be used with the Myoview test. The estimated time frames are about the same as the Exercise Stress Test with Myoview.

### **What if I get tired, or can't finish the test?**

If you get so tired you can't go on, if your legs hurt, if you get chest pain, or become short of breath, let the doctor know right away. The therapist can stop the test, or adjust the treadmill at any time as needed to get a good test, safely. Do not just step off the treadmill, as you could be injured that way. Any changes in the way you feel during the test can tell your doctor something about your heart and exercise ability, so be sure to let him/her know right away if you experience any kind of discomfort or change during the test.

### **How soon will I know the results?**

The doctor will want to review the data collected during the test. He/she will set up an appointment with you soon after the test is done to discuss the results. Usually your doctor can give a preliminary rundown at the end of the test, but will not give the final result until your meeting.