

## **Stress Testing Patient Information Sheet**

A Stress Test is a safe, reliable and easy to perform test. It is performed under the direct supervision of the doctor.

It is a simple procedure to rule out if there is any decreased blood flow in the heart arteries while under stress because most of the time symptoms (angina) begin when the heart must do more work while in stress rather than resting. This test also helps in the diagnosis of various heart rhythm problems.

**The Stress Test will take approximately 30 minutes- 1 hour.** This does not mean you will be exercising for the whole time. First the technologist will ask you to fill out a consent and a brief cardiac history form. The technologist then will explain the procedure while hooking you up to ecg wires attached to electrodes stickers placed on your chest/body which will be connected to the treadmill that will record your heart rate and heart rhythm. Then the technologist will take a pre-blood pressure before the actual test as well. Once the technologist finished their pre-test. A doctor will then join the procedure, may ask questions and begin the actual stress test.

The treadmill stress test begins with a warm-up stage and then the speed is gradually increased, as well as the incline. Your blood pressure, heart rate and heart rhythm will be monitored while you are exercising. You will be exercised to a predetermined target heart rate or exceeding the predetermined target heart rate if able to exercise more.

After completing the stress test. You will be asked to sit or lay down on the bed for at least 5 minutes or more (a recovery stage). This is to make sure no symptoms or heart related activity may come up after the test.

You will receive a phone call at a later time so the doctor may discuss with you the test results. A detailed report will be typed and sent to your doctor as well.

**Appointment:** \_\_\_\_\_

***See back of sheet for further instructions***

**Stress Test will take approximately 30 minutes-1 hour.**

**Instructions:**

- \*Bring your **own water bottle**.
- \*Wear comfortable clothing and **RUNNING SHOES**. Bring your own towel to wipe after the test.
- \*Do not wear any creams, lotions, oils or powders on your chest on the day of your test.
- \*Children will not be allowed in the room for the test, please arrange childcare.
- \*Friends and/or family will be asked to wait in the car or lobby while you have your test (unless needed for translation or assistance)
- \*If you do not speak English, you are required to bring your own translator.

**Medications to be STOPPED for the Stress Test:**

Calcium Channel Blockers must be stopped 24 hours before the test. Please check the list below for the names of the drugs. Please bring a list of all the medications that you take. If you are unsure if you take any of these medications, Please contact your doctor or pharmacist for clarification.

**Calcium Channel Blockers: Stop 24 hours before the test (unless otherwise directed by physician):**

Amlodipine	Imdur
Ismo	Isodil SR
Isosorbide Dinitrate	Isosorbide Mononitrate
Ivabradine/Coralan/Procorlan	Isoptin/Isoptin SR
Nicardipine/Cardene/Cardene SR	Nifedipine/Adalat PA/Adalat XL