

Exercise Stress Test

What is an exercise stress test?

- This test is used to gather information about how well your heart works during physical activity. An exercise stress test can show problems that might not normally be seen.
- Your doctor may recommend an exercise stress test if he or she thinks you have plaque buildup in your arteries (coronary artery disease) or an irregular heartbeat (arrhythmia). An exercise stress test may also be used to guide your treatment if you already have a heart condition. Please tell us if you are pregnant or breastfeeding.
- An exercise stress test involves walking on a treadmill while your heartbeat, blood pressure and breathing are monitored. Speak up if you become short of breath, feel pain, or get too tired.
- After the stress test, you will sit in a chair while the staff monitors your heart at rest.
- If your doctor needs more detail, he or she will ask that you take the nuclear stress test with more detailed pictures of your heart.



How should you prepare for the test?

- Do not eat or drink for at least four hours before the test.
- Some of your morning medicine may be given after your test. Bring your inhaler if you use one.
- You may wear your own clothes (including bra) and shoes for the test. You may want a friend or family member to bring comfortable clothes and shoes with non-skid soles. We have non-slip socks that you can wear on the treadmill too.

How long does the test take? The exercise stress test takes about 45 minutes to complete.