

# Graded Exercise Test (GXT)

This test will tell your doctor if you have enough blood flow to your heart and if you could have heart disease. You will be exercising on a treadmill during this test.

## How to get ready for the test:

### 12 hours before the test:

- Do not eat or drink anything with caffeine. No pop, coffee, decaf coffee, tea, energy drinks, or chocolate.

### 4 hours before the test:

- Do not smoke or use anything with nicotine. This includes vaporizers, e-cigarettes, nicotine gum, or smokeless tobacco. Remove any nicotine patches.

### 3 hours before the test:

- Do not eat or drink anything. It is okay to take most medicines with sips of water (see list below about medicine to avoid). If you are diabetic, talk with your doctor about what to eat and taking your medicine or insulin.

### Day of the test:

- Wear comfortable clothes and walking shoes.
- Do not use body lotions or powders.

### Check with your doctor about what medicines you should take before the test.

You should NOT take the following medicines unless your doctor tells you to:

### 48 hours before test:

- Medicines for erectile dysfunction: Cialis<sup>®</sup>, Levitra<sup>®</sup>, sildenafil, Stendra<sup>®</sup>, Viagra<sup>®</sup>

### 24 hours before the test:

- Beta blockers: atenolol (Tenormin<sup>®</sup>), carvedilol (Coreg<sup>®</sup>), metoprolol (Lopressor<sup>®</sup>, Toprol<sup>®</sup>), propranolol (Inderal<sup>®</sup>)

### Day of the test:

- Nitrates: nitroglycerin (Minitran<sup>®</sup>, NitroDur<sup>®</sup>, Nitrostat<sup>®</sup>), isosorbide dinitrate (Dilatrate<sup>®</sup>, Isordil<sup>®</sup>, Sorbitrate<sup>®</sup>), isosorbide mononitrate (Ismo<sup>®</sup>, Imdur<sup>®</sup>, Monoket<sup>®</sup>)

**What to expect:**

1. A nurse or exercise specialist will check your blood pressure. Electrode stickers will be placed on your chest to monitor your ECG.
2. You will start by walking on a treadmill very slowly. Then, the treadmill will go faster and rise every 3 minutes. The test will end when you reach the heart rate that is determined for you based on your age. We will also stop the test if you become too tired to continue exercising.
3. Your blood pressure, heart rate, and any symptoms or discomfort you have will be monitored during the test. You will continue to be monitored in recovery until your heart rate and blood pressure return to resting levels. It is important to tell the nurse or exercise specialist if you experience any symptoms such as shortness of breath, chest pain, dizziness, or any other unusual feelings.
4. Total test time is about 30-40 minutes.
5. A cardiologist will review your test. You will get results from your doctor who ordered the test.

**If you have any questions about your test, contact the facility where your test is scheduled.**

**Bronson Methodist (Kalamazoo): (269) 341-6269**

**Bronson Battle Creek: (269) 245-8091**

**Bronson Lakeview: (269) 657-1495**

**Bronson South Haven: (269) 639-2796**