

## STRESS ECG – EXERCISE STRESS TEST

### What is an Exercise Stress Test?

An exercise stress test is used to investigate the function of your heart during physical activity. Exercise makes your heart pump harder and faster and reveal problems with blood flow within your heart. Although your heart may not show any signs of problems at rest, it may show during exercise. Your doctor may refer you for an exercise stress test if you have signs or symptoms of coronary heart disease or an irregular heart rhythm. An exercise stress test can also be used to assess the effectiveness of treatment for a previously diagnosed heart condition.

In the initial stage of your test, your heart electrical activity and blood pressure will be measured at rest prior to exercise. The treadmill will start at a slow walking pace and will increase its speed and incline at set intervals until the desired heart rate is reached. Your ECG and Blood pressure as well as symptoms will be monitored during the exercise. Once target heart rate is reached the treadmill will stop and measured data will be compared to the one measured at rest. The monitoring will continue in recovery for several minutes or as required.

### How do I prepare for my Stress ECG appointment?

Please wear comfortable footwear and clothing as you will be required to walk on the treadmill. Do not eat or drink 2 hours prior to your test and allow at least 30 min for your appointment. You will be required to sign a consent form provided by our staff at your appointment or requested prior.

Please cease the following medications prior to your test:

#### **STOP 2 FULL DAYS BEFORE DAY OF TEST**

- Alprenolol (Aptin)
- Atenolol (Tenormin, Noten)
- Bisoprolol (Bicor)
- Metoprolol (Betaloc, Lopressor, Minax)
- Oxprenolol (Corbeton, Trasicor)
- Prindolol (Barbloc, Visken)
- Propranolol (Deralin, Inderal, Cardinol)
- Timolol (Blocadren)

#### **STOP 1 FULL DAY BEFORE DAY OF TEST**

- Diltiazem (Cardizem, Cardizem CD)
- Verapamil (Isolptin, Veradil, Anpec, Cordilox, Veracaps SR)
- Nitrates (Transiderm, Nitrobid patches, Nitrodur, Imdur, Isordil)

### How do I get my results?

Data analysis and final report is generally completed during the test by your attending cardiologist. The investigations and final report is then sent to your referring doctor on the same day.