

## Exercise Stress Test

The Exercise Stress Test (a.k.a. Treadmill Test or Exercise Tolerance Test), reveals whether or not your heart gets enough blood flow and oxygen when it's working its hardest, such as during exercise. The test is often given to a person with chest pain or symptoms of coronary artery disease that's based on a medical exam and an EKG. These tests are sometimes used for other purposes, from assessing the effectiveness of heart disease treatment to gauging the safety of a proposed exercise program. Exercise Stress Tests are among the best tools for diagnosing heart disease and some research suggests that they may also be useful in estimating the risk of disease in people who have risk factors, but no symptoms. If you are over age 40 and are at risk for coronary artery disease because you smoke or have high blood pressure, or high cholesterol or have other risk factors, then ask your doctor if you should have this test.

### What to Expect

Electrodes will be placed on your chest and an ultrasound scan of your heart will be performed. Then, with the electrodes still in place, you will walk on a treadmill. The treadmill will begin slowly and will increase in speed and grade every three (3) minutes. You will walk on the treadmill until you are tired. Your heart rhythm and blood pressure will be monitored continuously. Your doctor will receive a written report about 48 hours later.

### How to Prepare

1. No smoking, alcoholic beverages or caffeine after 6 p.m. the night before the test. Many soft drinks, cocoa and chocolate beverage and foods as well as cold medications, diuretics and pain relievers contain caffeine, so please be sure to read all labels.
2. Eat low-fat meals the day of the test. For example:
  - a. Breakfast: fruit, fruit juice, cereal with milk, or any bread product with a little margarine or butter and jam, jelly or honey.
  - b. Lunch: fruit, fruit salad, tuna, chicken or turkey sandwich, lettuce, tomato, celery (any salad ingredients), beverage without caffeine. Do not eat anything heavy or greasy for either meal.
3. Wear comfortable clothes such as pants, shorts, jeans, warm-up pants, loose-fitting t-shirt or blouse and good walking or athletic shoes.
4. Continue to take any medication you normally would, unless your physician has instructed otherwise.
5. Please bring a current list of medications you are taking.
6. Please arrive 10 minutes before your appointment and bring the requisition/order form for the test. Please bring your insurance card with you.

### Appointments

Call 216.382.2853. When you schedule your appointment, please inform the scheduler of

any other test(s) you have scheduled for that day as well as any food allergies or intolerances. Also, please give the same information to the receptionist on the day of your scan.