



## WHAT TO EXPECT BEFORE STRESS TEST

- ▶ The patient will be asked several questions about medical history, medication and symptoms.

### In some cases:

- ▶ Doctors will prefer that some or all of the medication be temporarily stopped before the test. If this is the case, he will inform you about it.
  - ▶ However it is advisable to continue medication as usual, it must be taken in the morning of the test. It is an advisable to take a light meal (some toast and juice or water) on the morning of the test. If the test is scheduled for the afternoon hours the same is applicable for lunch.
- ▶ Since the test consist of walking on the treadmill machine comfortable clothing (preferably jogging pants and loose shirt) and shoes should be worn, occasionally.
  - ▶ An echocardiogram may be performed as well or an injection may be given to the vein to assess the blood supply to the heart muscle.
  - ▶ The patient should bring all the medication they are taking on the date of their appointment.
  - ▶ Small pads (electrodes) will be placed on the chest of the patient to monitor the heart.
  - ▶ Before exercise begin, ECG will be made supine, sitting, standing and hyperventilation.
  - ▶ Patient will be instructed how to walk on a treadmill and will be asked to exercise for several minutes.
  - ▶ The exercise will be very easy at first but will become increasingly more difficult. The patient should exercise as long as possible.
  - ▶ If the patient is feeling any of these symptoms, it should be reported immediately to the doctor:
    - ▶ **Chest, arm or jaw discomfort**
    - ▶ **Dizziness**
    - ▶ **Severe shortness of breath**
    - ▶ **Leg cramps or soreness**
    - ▶ **Fatigue**
  - ▶ After exercise is complete, the patient will be asked to lie or sit down for a short recovery.
  - ▶ When the heart slows to its normal level, the electrodes will be removed and Patients can now return to their normal activities.

