

EXERCISE STRESS TESTING

Preparation:

Please bring comfortable shoes and wear loose fitting clothes. Male patients may need to shave the chest so that ECG electrodes can be attached.

Please bring your MCP card and a list of any current medications that you are taking.

What to Expect During the Stress Test:

A technologist will place electrodes on your chest and a blood pressure cuff will be placed on your arm.

Once you start walking on the treadmill, your blood pressure, heart rate, general condition and ECG will be monitored continuously. After every three minutes, the speed and slope of the treadmill will be increased. You will be encouraged to exercise for as long as you can and the test will continue until you reach a desired heart rate or until you reach your maximum exercise capacity.

What to Expect After the Stress Test:

After the test, you will be asked to rest while your blood pressure and ECG are recorded. The doctor will analyze all of the recordings and advise you of the results. A copy of the report will be sent to your family physician.