



Stress Test

This instruction sheet for your home care has been prepared by Faith Regional Health Services. It includes the basic points of your care. If you have any questions, please feel free to ask them.

What is a Stress Test?

A stress test sometimes referred to as a treadmill test or exercise stress test, determines how your heart handles stress and how it responds to exercise as you walk on a treadmill.

What happens during the test?

Ten electrodes will then be attached to your chest, which will record the activity of your heart throughout the test. You will then be asked to step onto the treadmill and begin walking as instructed by your physician or technician. A blood pressure will be obtained every 2 minutes while exercising. As the exercise portion of the test proceeds the treadmill will increase in speed and elevation every 3 minutes. You will be asked to exercise as long as possible, the longer you exercise the more information your physician will obtain.



How do I prepare for the test?

For 24 hours before your test, please do not eat or drink any of the foods, and do not take any of the medications on the list below.

- No coffee or tea that is brewed, instant, iced or decaffeinated.
- No colas or other soft drinks that contain caffeine, including those labeled "caffeine-free".
- No chocolates, including candies, frosting, cookies, pies, cocoa, and chocolate milk.
- No aspirin products that contain caffeine, such as Anacin and Excedrin.
- No Persantine (dipyridamole)
- No theophylline or theophylline containing products such as Constant-T, Primatine, Quibron, Slo-Phylline or Theodor.

You may not eat anything 2 hours prior to the test. You may have small sips of clear liquids up until the start of your test.

If you are currently on a Beta-Blocker do not take it the day of the test.

This is only a partial list. Check product labels or ask your doctor to be sure of what products to avoid before your test. This will help ensure that your test will go as smoothly as possible.

If you are diabetic, check with your doctor regarding your medications and the eating restriction.

Additional Information:

The test will take approximately 30 minutes to 1 hour to complete.

Attire should be the following; loose fitting shirt, slacks or shorts, comfortable walking shoes (preferred).

Name of Beta Blockers (not all are listed)

Atenolol, Betachron E-R, Betapace, Blocarden, Cartrol, Corgard, Inderal, Kerlone, Levatol, Lopressor, Metoprolol, Normodyne, Pindolol, Propranolol, Sectrol, Trandate, Tenormin, Toprol, Toprol XL, Visken, Zebeta.

Date and time of your test: _____

Check into admitting desk at: _____

Results from your test will be discussed with you at your next scheduled office appointment.

The Health Resource Center at Faith Regional provides a variety of health-related topics to the public. To learn more, call (402) 644-7347.