

ASPEN VALLEY HEALTH PATIENT EDUCATION

CARDIAC EXERCISE STRESS TEST

What is a cardiac exercise stress test?

The treadmill exercise stress test is designed to evaluate your heart's response to exercise. It is used to test whether you have any evidence of coronary artery narrowing and its severity. It can also give information regarding your level of physical fitness and can be used to try and bring out any irregular heart rhythms. You will be hooked up to EKG electrodes and wires to monitor your heart throughout the test. Blood pressure and oxygen saturation levels will be monitored throughout the test.

Preparation

1. DO NOT consume any caffeine or caffeine products (coffee, decaffeinated coffee, tea, energy drinks, chocolate) 24 HOURS prior to this test.
2. DO NOT eat anything 4 hours prior to the test. You may drink small amounts of water only during this period.
3. Take your medications unless otherwise directed by your physician.
4. You must wear comfortable walking tennis shoes.
5. Wear loose fitting, comfortable "Exercise type" clothing. Women should wear a sports bra or a bra that does not have an underwire component.
6. Do not wear necklaces or anything around your neck.
7. No lotion on your chest. Men may have hair on their chest trimmed to assure good electrode contact.
8. Please bring your driver's license and insurance card with you.

The Procedure

1. Check in at the admissions desk in the main lobby of the hospital 15 minutes before your scheduled appointment. If you arrive to the Cardiopulmonary Department where the testing is done 15 minutes late or later, your appointment may have to be rescheduled due to other patients being scheduled for testing as well as the Cardiologist is scheduled to attend in between seeing patients in Clinic. You will sign a consent to treat at registration for the procedures scheduled.
2. After check in, you will be directed to the Cardiopulmonary Department.
3. The Technician will bring you to the testing room, review the testing procedure and ask if you have any questions. They will proceed with the prep and application of the 12 lead EKG electrodes and wires as well as a blood pressure cuff. Baseline EKG

and Blood Pressures will be obtained by the Technician before calling the Cardiologist to come to start the test procedure.

4. With the Cardiologist present, the treadmill will be started at a slow walking pace and every 3 minutes the treadmill will increase in speed and incline. Your heart rate, rhythm, blood pressure and oxygen saturation will be monitored throughout the procedure. If you develop any symptoms during the procedure such as shortness of breath, fatigue, chest pain, jaw or arm pain, tired legs, etc., inform the physician immediately.
5. The test continues until you reach the target set by the Cardiologist, or you develop concerning symptoms. You will then be monitored for at least 5 minutes until your heart rate and blood pressure have returned to baseline. The Cardiologist will review findings during this time and any concerns or need for further evaluation. They will inform of discharge home after test and any verbal instructions to follow. They may have a follow up appointment as part of the review in clinic.

NOTE: IF you are unable to keep your appointment as scheduled, please contact Diagnostic Scheduling at least 24 hours prior to the appointment at 970-544-1392 to cancel and/or reschedule.