



## EXERCISE TREADMILL STRESS TEST

Appointment Date: \_\_\_\_\_

& Time: \_\_\_\_\_

**Please arrive 15 minutes prior to  
your appointment time.**

Please read the information below and discuss any concerns with a member of staff prior to beginning the test. Please note that **children are not permitted in the diagnostics lab** and cannot be left unattended in our clinic. **Patients that do not speak English fluently are asked to please bring an interpreter with them to the test.**

### What is an Exercise Treadmill Stress Test (ETT)?

An ETT is a simple diagnostic test that assists physicians in the evaluation of known, suspected, or potential heart problems. It allows us to monitor your heart's response to a standardized protocol of exercise and can help determine whether further or more complex heart testing is needed to manage your health. This exercise protocol contains a series of 3-minute intervals of physical activity performed on a treadmill. While exercising, the speed and incline of the treadmill will rise at the beginning of each interval, gradually increasing the workload on your heart. In effect, you will need to "walk faster up a bigger hill" every three minutes.

A technician will remain at your side and a physician will be present and/or in direct visual contact with you throughout the entire procedure. The technician will carefully monitor your pulse, blood pressure and heart tracing (ECG) until you achieve your age-predicted target heart rate or until you exhibit symptoms such as tiredness, shortness of breath, or chest discomfort and indicate you can no longer continue. The supervising physician may also elect to abort the test if they identify any reason(s) why it is not desirable or safe for you to continue. The length of time you will be on the treadmill exercising is dependent on many variables. On average the length you will be on the treadmill is 5-15 minutes. You will meet with a Physician immediately after your ETT; please allow one and a half hours for total appointment.

### Risks of the Test:

Although there are some definite risks associated with this type of test, these are infrequent and closely associated with the severity of any underlying heart problems. Medically, it is considered much safer to explore your heart's work potential in the relative safety of a testing laboratory than it is in an uncontrolled situation outside an appropriate testing facility. Some of the risks associated with this procedure include:

- Falling off the treadmill belt
- Abnormal blood pressure response
- Disorders of the heartbeat, (too rapid, too slow or ineffective)
- Fainting
- And, in very rare instances:
  - Heart attack
  - Cardiac arrest
  - Death

Every effort will be made to minimize each of these risks by having the technician continually observe and monitor you during the test. Emergency equipment and trained personnel including physicians, nurses, and paramedics are always onsite and will be available to assist in the treatment and management of any unusual situations that may arise during your ETT.

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### COVID-19 & Masking During the Test:

Be aware that all precautions are being taken to ensure your safety while you are at our clinic. Despite these precautions, the risk of exposure to COVID-19 does exist. While all patients are asked to wear a mask while in the clinic, patients undergoing exercise stress testing may be permitted to remove their masks *while they are on the treadmill*. For your comfort, our testing laboratory is equipped with industrial air purifiers that filter out viral and bacterial particles.

### How to Prepare:

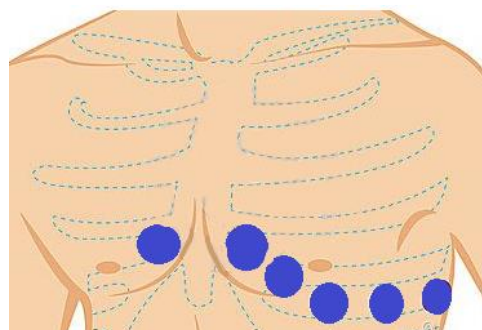
1. Medications → Some medications must be withheld prior to your test. Please carefully review the following list to see if this instruction applies to you:

a. Beta Blockers and certain Calcium Channel Blockers: These drugs slow the heart rate, preventing it from increasing during exercise. If you are taking any of the following medications, please ensure that you **DO NOT take them for 24 hours before your test:**

Atenolol (Tenormin)	Sotalol (Sotacor, Betapace, Sotalax, Sotylize)
Bisoprolol (Monacor)	Carvedilol (Coreg)
Metoprolol (Lopressor, Betaloc)	Pindolol (Visken, Viskazide)
Labetalol (Normodyne, Trandate)	Nebivolol (Bystolic, Nebilet)
Acebutolol (Sectral, Prent)	Timolol (Blocadren)
Nadolol (Corgard)	Diltiazem (Cardizem, Tiazac)
Propranolol (Inderal, Innopran)	Verapamil (Isoptin, Chronovera, Calan)

b. **If you have diabetes**, please continue your usual schedule of oral medications/insulin on the morning of your test.

2. Skin Preparation → Prior to starting the ETT, we will need to affix stickers (called electrodes) to your chest and abdomen to monitor your ECG. On the morning of your test, please do not apply any oils, powders, or lotions to your skin. For the “hairy” chest, each area required for electrode placement will be shaved. *Should you wish to shave the areas yourself, please shave the areas as indicated by the dots on the diagram to the right.* The skin is then prepared with rubbing alcohol and abraded lightly with a very fine sandpaper strip.



3. Clothing → Wear comfortable clothes such as running shoes and shorts/jogging pants. Shirts should be *short-sleeved and loose-fitting*. Please note that we will require access to your sternum (middle chest) to properly obtain and monitor your ECG tracing; should you wish to wear a bra, you are welcome to do so, however, we ask that you wear one that minimizes the area of the chest covered by the bra’s material.

4. Diet → On the day of your test, prior to testing, eat light meals only. For example, if your test is in the morning, have toast and fruit and if your test is in the afternoon have a sandwich for lunch.

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