

*Danbury Hospital Patient Education Sheet***What is an Exercise Stress test (Regular Stress Test)?****Why is this test ordered?**

A stress test is performed to evaluate the blood supply and function of the heart.

This test is ordered for patients with:

- Signs or symptoms that are suggestive of coronary artery disease
- Significant risk factors for coronary artery disease.

This test is also ordered for patients to evaluate:

- Exercise tolerance when patients have unexplained fatigue and or shortness of breath
- Blood pressure response to exercise in patient with borderline hypertension
- Exercise-induced irregular heartbeats

**How long will this test take?**

Plan to be at the testing are for approximately one (1) hour.

**Prior to the test- What do I need to do?**

- Do not eat or smoke for at least three hours before your test. Drinking *only* water before the test is permitted.
- Do not have anything to eat or drink that contains caffeine up to 12 hours prior to the test
- Take all of your regular medications before the test unless directed otherwise by your doctor.

- If you are a diabetic, test your blood sugar before you arrive at the testing area. Diabetics should have a light meal three hours before the test, as exercise will tend to lower your blood sugar. You are encouraged to bring your blood sugar meter with you.
- Bring a current list of all your medications with you.
- Wear comfortable well-fitting shoes; sneakers are recommended. Clothing should be loose fitting and comfortable for exercise. It is recommended that women should wear a bra

**Day of the test- What can I expect?**

After you have arrived and registered for your test, a Cardiology Technologist will conduct a brief medical history, including the medications you are presently taking.

The Cardiology Technologist will place 12 sticky tabs to your chest for the electrocardiogram, and place the blood pressure cuff to your arm.

You will be assisted to the treadmill where you will exercise under direct supervision. The treadmill will begin slowly and will have a slight elevation. The speed and elevation of the treadmill will increase every three minutes. You will continue to walk/run on the treadmill for as long as you are able or until it is determined you should stop. It is important that you report symptoms of chest discomfort, difficulty breathing, dizziness, weakness and/or fatigue.

After maximum exercise is determined, the treadmill will flatten out and slow to an easy walk for one minute as a cool down phase. Once the treadmill has come to a complete stop, you will be escorted off the treadmill to a chair for recovery where your vital signs will continue to be monitored until they return to pre-exercise levels. Once recovered, the electrocardiogram, and blood pressure cuff will be removed. You may then eat and drink normally.

### **How will I get the results of the test?**

At no time can the cardiology technologist or registered nurse discuss results of the test. The test will be interpreted by a cardiologist, who will then send the results to the physician doctor who ordered the test for you. These results are normally available within five working days.

**\*There are four locations, make sure you know where your appointment will be.**

#### **Directions to all four sites:**

**Danbury Hospital-** Follow directions to the BLUE parking lot and park in the Purple Section. Enter the main lobby on the fifth floor; at the information desk ask for directions to Cardiology Stress Testing.

If you have further questions please call **(203) 739-4999.**

#### ***Danbury Hospital Medical Arts Center-***

Located at 111 Osborne Road, park in any available parking or in the Gold parking garage. Enter the main lobby on the first floor for registration, and then proceed to the third floor.

If you have further questions please call **(203) 739-4999.**

#### ***Southbury Cardiovascular Center-***

Located at, 22 Old Waterbury Road, Southbury, CT., upon arrival please register with Cardiology Reception, in Suite 107.

If you have any further questions, please call at **(203) 262-4234.**

#### ***Ridgefield Cardiology-***

Located at 21 South Street, Ridgefield, CT., upon arrival please register at the reception desk.

If you have further questions please call **(203) 438-1323.**

Additional information can also be found at our website;  
[www.danburyhospital.org](http://www.danburyhospital.org).

*Source: Danbury Hospital Praxair Regional Heart and Vascular Center.*

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