

Stress Testing

Stress testing is also known as treadmill testing or graded exercise testing. During the test you will be asked to walk on a treadmill which gradually increases the speed and grade. Your electrocardiogram, blood pressure and symptoms will be continuously monitored. The test will be stopped when your symptoms warrant it or if a strongly positive result or arrhythmia occurs. Treadmill testing is useful to assess the presence and severity of coronary artery disease, and if present to determine the prognosis and to guide therapy or intervention.

A treadmill test may be carried out shortly after a heart attack to determine your risk for a future heart attack or for angina. The most common way to do this is to increase speed and grade every 3 minutes. In this case, the treadmill test is usually limited either by a time or a heart rate maximum. Later a full exercise test may be carried out.

Treadmill testing may show changes in the electrocardiogram (ECG) which may mean the blood supply to your heart is reduced. Chest pain or shortness of breath may accompany these changes. Unfortunately treadmill testing is not perfect. About 30% of the time false positive results may be obtained. This may make further testing necessary to rule out coronary disease or assess its severity.



Pre-Stress Test Instructions

1. Eat light.
2. No coffee/tea, smoking, nicotine gum or nicotine patches for 2 hours before.
3. Stop blood pressure and heart medications, unless otherwise directed, 48 hours before the test. (Please refer to list below).
4. DO NOT STOP anti-coagulants such as COUMADIN/WARFARIN or INSULIN.
5. Bring exercise or comfortable clothing and running shoes or rubber soled shoes.
6. We have shower facilities.
7. There are no side effects from the test.
8. You may drive your car home.

Medication List

Acebutolol	Isoptin	Persantine
Adalat	Isordil	Pindolol
Alprenolol	Isosorbide Dinitrate	Plendil
Amlodipine	Isosorbide Mononitrate	Propranolol
Asasantine	Labetalol	Renedil
Atenolol	Lanoxin	Rhotral
Betaloc	Linsotalol	Sectral
Blocadren	Lopressor	Sotacor
Cardizem	Metoprolol	Sotalol
Chronovera	Minitran	Tenolin
Coradur	Monitan	Tenormin
Corgard	Nadolol	Theo-Dur
Coronox	Nifedipine	Theophylline
Diltiazem	Nitro-Bid	Tiazac
Digoxin	Nitro-Dur	Timolol
Dipyridamole	Nitrol	Trandate
Felodipine	Nitrong	Transderm
Imdur	Nitropaste	Trasicor
Inderal	Norvasc	Verapamil
ISMO	Oxprenolol	Viagra
		Visken

All medications should be restarted, as prescribed upon completion of your test.

Special Instructions for Insulin Dependent Diabetics

You should continue your Insulin and diet as usual.

Special Instructions for Stress Thallium Testing

1. Nothing to eat or drink except water 4 hours before test.
2. The first part of the test will last around one (1) hour and will be done during the morning.
3. The second part of the test is 1/2 hour and will be done in the afternoon. You are unable to eat between the two parts unless you are a diabetic.