



# Exercise Stress Test

## Exercise Stress Test

Your doctor wants you to have an exercise stress test. This test will help your doctor see how well your heart works during exercise and at rest.

The test takes about 1 hour.

## Before the Test

- Stop taking these medicines for 24 hours before the test:
  - acebutolol (Sectral®)
  - atenolol (Tenormin®)
  - bisoprolol (Zebeta®)
  - carvedilol (Coreg®)
  - labetalol (Trandate®)
  - metoprolol (Lopressor®)
  - metoprolol SR (Toprol XL®)
  - nadolol (Corgard®)
  - nebivolol (Bystolic®)
  - penbutolol (Levatol®)
  - pindolol (Visken®)
  - propranolol (Inderal®)
  - sotalol (Betapace®)
  - timolol (Blocadren®).
- You may have a light breakfast or light lunch before your test.
- Drink plenty of water until your appointment time to stay well-hydrated.

## Your Test

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

Time: \_\_\_\_\_ a.m. / p.m.

### Locations:

- Minneapolis Heart Institute® — Aitkin  
Riverwood Healthcare Center  
200 Bunker Hill Drive  
Aitkin, MN 56431  
218-927-5566  
1-866-546-4334
- Minneapolis Heart Institute® — Baxter  
13205 Isle Drive, Suite 100  
Baxter, MN 56425  
218-855-5280 or 1-888-806-0116
- Minneapolis Heart Institute® — Crosby  
Cuyuna Regional Medical Center  
314 E. Main St.  
Crosby, MN 56441  
218-546-4334 or 1-866-546-4334
- Minneapolis Heart Institute® — Staples  
Lakewood Health System  
49725 County 83  
Staples, MN 56479  
218-894-8259

Call if you have any questions about the test, date and time.

- Take all your regular medicines with water unless your doctor gives you other directions.
- Bring a list of your current medicines with you to your appointment. Include prescription and over-the-counter medicines, vitamins and herbals.

Include the name of the medicine, how much you take, and the last time you took the medicine.

- Wear loose, comfortable clothing and walking shoes.
- Do not put lotion or oil on your chest.

## During the Test

- The technician will put adhesive patches (electrodes) on your chest and connect them to an electrocardiogram (EKG) monitor.
- Your blood pressure will be checked, and the cuff will be left in place for regular blood pressure checks during the test.
- You will then be asked to walk up an incline on a treadmill.

- The treadmill will slowly increase in speed and incline.
- During the test, you will be asked to report any chest pain, unusual shortness of breath, increased fatigue (tiredness), leg pain, dizziness or if you feel faint.
- The length of the test will depend on your symptoms, amount of time it takes to reach your maximum level of exercise, or both.

## After the Test

- Your blood pressure and heart rate will be monitored until your heartbeat returns to normal.
- You may return to your normal activities.

## Results of Your Test

The cardiologist will look at the images of your heart. He or she will send the results to your doctor. Your doctor will contact you with the results 7 to 10 days after the test.