

## Instructions for Exercise Tolerance Test (EKG Stress Test)

Date of Appointment: \_\_\_\_\_ Time: \_\_\_\_\_

Your doctor has ordered an Exercise Tolerance Test. This test will give your physician valuable information about the blood flow to your heart muscle and the performance of your heart under conditions of rest, exercise, and post exercise (recovery).

On the day of the test, please refrain from caffeinated drinks, but you should eat a light breakfast (or lunch), and take any medications as you usually do unless your physician instructed otherwise. You should wear sneakers or rubber soled shoes and comfortable, loose fitting clothing. (We do not have facilities for changing and washing in our office).

At the beginning of the procedure, the technician performing the exam will apply electrodes to your chest which will be connected to an electrocardiogram monitor so your heart action can be observed closely. The exercise test will begin by walking on the treadmill at a slow speed and slight elevation. Every three minutes, the treadmill speed and grade will be increased. Your blood pressure will be monitored throughout the test, as will your cardiogram.

As you exercise, the technician and physician will be looking for any changes in your cardiogram, and will be aware of any symptoms you may have. After the walking/running is completed, you will have your blood pressure and heart rate monitored for approximately ten minutes at rest. Please refer to the [Informed Consent For Exercise Stress Testing](#).

If you have not previously been a patient in our office, please anticipate arriving here fifteen (15) minutes prior to your appointment to complete the [Patient Registration Form](#). Payment is expected at the time of service unless other arrangements are made in advance. We accept cash, personal check, or MasterCard/VISA.

If you have had an electrocardiogram performed by your physician within the last three months, please bring a copy with you or ask your physician to send a copy to our office.

Please feel free to call our office (305) 932-5551 if you have any questions about this procedure.