



# STRESS TEST

## WHAT IS IT?

A Stress test is sometimes also referred to as an Exercise test. The patient walks on a treadmill while a technician monitors vitals and ECG tracing.

## WHY IS THIS TEST PERFORMED?

This test is performed to demonstrate how the heart responds to demand. It is most commonly used to diagnose Coronary Artery Disease or Exercise (or Stress) Induced Ailments. This test is also useful in deciding what level of exertion is safe for the patient.

## HOW IS THIS TEST PERFORMED?

The patient's skin will be prepped for the test with alcohol wipes (to clean the skin) and medical paper to abrade the top layer of the skin. Chest hair will be removed on the sites where electrodes are placed. The electrodes are then applied to the chest so the patient's ECG can be monitored during exercise. The patient will then begin to walk on the treadmill and vitals will be taken throughout the duration of the test. It is important for the patient to communicate symptoms he/she may experience during the test.

## HOW TO PREPARE FOR THE TEST

Please do not apply cream to the chest. If you take cardiac or blood pressure medication, please do not discontinue your medication prior to the test, unless instructed to do so by the ordering physician.