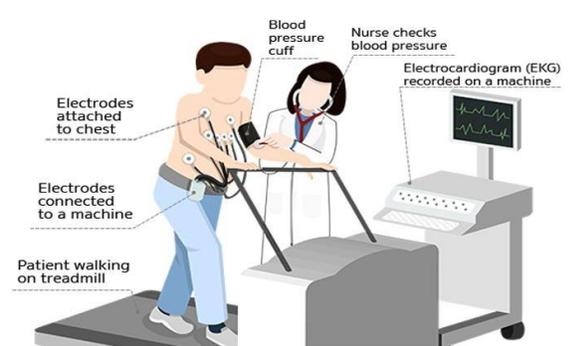




STRESS TEST



The stress test helps your doctor determine how well your heart is working. As your body works harder during the test, it requires more oxygen, so the heart must pump more blood. The test can show if the blood supply is reduced in the arteries that supply the heart. Additionally, it helps your healthcare team know the type and level of exercise that is suitable for you.

During the test, you:

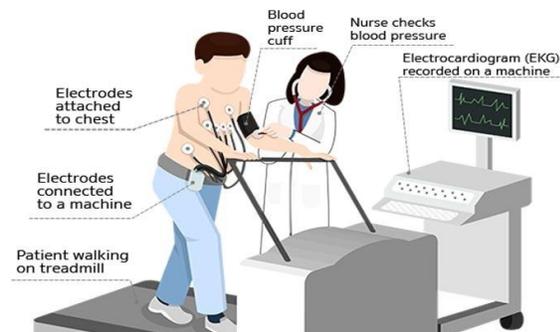
- Are connected to the heart monitor.
- Will walk slowly on the treadmill. Then the speed will be gradually increased to exert more effort. The treadmill may also incline to simulate climbing a small hill.
- May be asked to breathe into a tube for a couple of minutes.
- Can stop the test at any time if necessary.
- Will then sit or lie down to have your heart and blood pressure monitored.
- During the test, your heart rate, breathing, blood pressure, electrocardiogram, and level of fatigue are monitored.

Your doctor may recommend the stress test to:

- Diagnose coronary artery disease.
- Diagnose a possible heart-related cause of symptoms such as chest pain, shortness of breath, or dizziness.
- Determine a safe exercise level.
- Predict the risk of dangerous heart-related diseases such as a heart attack.
- Depending on the results, your doctor may recommend further tests such as a catheterization or nuclear stress test.



Instructions to follow before the stress test:



- Do not consume coffee on the day of the test.
- Do not eat or drink anything at least 2 to 3 hours before the test.
- Do not take Beta-blocker medications such as: Metoprolol (Lopressor, Lopressor HCT, Toprol XL, Kaspargo Sprinkle), Carvedilol (Coreg, Coreg CR), Atenolol (Tenormin, Tenoretic,), Acebutolol (Sectral), Bisoprolol (Zebeta, Ziac), Betaxolol (Kerlone), Nadolol (Corgard, Corzide), Nebivolol (Bystolic), Propranolol (Inderal, Inderal LA, InnoPran XL, Hemangeol), Penbutolol o Pindolol
- Do not take Calcium channel blockers such as: Diltiazem (Cartia XT, Diltia XT, Cardizem CD), Verapamil (Calan, Calan SR, Covera-HS, Isoptin SR, Verelan, Verelan PM, Tarka)
- Take blood pressure medications except for those mentioned above.
- Bring your medications on the day of your appointment, including inhalers if you have asthma or COPD.
- Closed-toe shoes (sneakers) ***no sandals***
- Athletic clothing (women preferably sports bras) ***no dresses***
- Men should shave their chest in order to ensure correct attachment of electrodes during the study.