

CURE CARDIOVASCULAR CONSULTANTS

EXERCISE STRESS TEST

Definition: This test, typically involving the patient walking on a treadmill while attached to an electrocardiogram, measures a patient's ability to exercise and the electrical waves of the heart during exercise. This test can help detect heart problems that may not be apparent at rest.

Before The Test:

- You should allow one hour, which includes preparation for the test, the exercise portion, and the recovery period.
- Wear or bring comfortable attire and walking/running shoes.
- Make your last meal light and without tea, coffee or alcohol.
- Stop taking any heart medication or blood pressure medication 24 hours before the test.
- Before the test, you will be given an explanation of the test and you will be asked to sign a consent form. Feel free to ask any questions about the procedure.
- Several areas on your chest and shoulders will be cleansed with alcohol and an abrasive pad will be used to prepare the skin for the electrodes (small sticky patch). Men may need to have areas of their chest shaved, to ensure that the electrodes stay in place.

After The Test:

- After the exercise portion of the test is over, you will still be monitored for another 5 to 10 minutes while you recover. The technician will remove the electrodes and cleanse the electrode sites.
- A complete interpretation will be sent to your referring physician.
- If the test is abnormal or inconclusive, then additional tests may be ordered.
- The information gained from the exercise test helps your doctor make an accurate diagnosis and develop a treatment plan that is best for you.

If you have any questions or concerns before your test please feel free to call our staff at
(760) 323-2174.

Thank you for choosing Cure Cardiovascular Consultants!