



# Cardiac Stress Test Procedure

Your health care provider has ordered an exercise stress test to help diagnose and evaluate your health condition.



## What does the test involve?

Sticky electrodes will be attached to your chest and connected to the EKG (electrocardiogram) part of the stress test machine. This helps the health care provider monitor your heart rate and rhythm. A 12-lead EKG is recorded for your medical record. A blood pressure cuff will be attached to your arm so the therapist can take blood pressures.

You will walk on a treadmill with steady increases in speed and grade (slope or incline) until you reach a target heart rate. Your blood pressure and heart will be monitored throughout the test. You will be asked how hard you feel you are working. The goal is to stress your heart with exercise until you reach your targeted exercise heart rate, while in a controlled situation.



## Inform staff right away if you:

- become fatigued, dizzy or lightheaded
- feel out of breath
- have an unsteady gait
- have chest pain
- any other unusual symptoms
- feel unsafe or feel that you need to stop exercising

The test may need to be stopped due to these symptoms and for your safety.



**Risks, which were given in the consent form, include but are not limited to:**

- abnormal blood pressure
- fainting
- increased irregular or ineffective heart rate or rhythm
- heart attack (in very rare cases)

Your health care provider will review the test results with you after the exercise test.

If you have questions at any time, please ask staff.