

About Your Exercise Test (ETT)

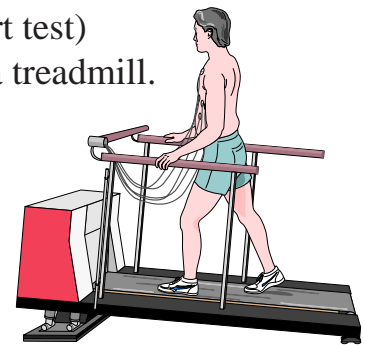


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Cardiovascular Services

What is an exercise test?

An exercise test (ETT), also called a stress test, is an EKG (a heart test) which is done while you are exercising. You will be walking on a treadmill. The exercise test will tell your doctor how your heart does when it is forced to work harder.



Who does the test?

A specially trained technician and a doctor or physician assistant (PA) who specializes in heart disease will perform the test.

What should I wear?

Wear slacks or pants and comfortable walking shoes. Women need to wear a bra, but not a long-line bra.

What will happen during the test?

Your technician will belt an EKG cable to your waist. This cable is hooked up to adhesive electrodes which look like round stickers stuck to your chest. After the doctor has spoken with you and explained the test, you will be asked to walk on the treadmill. It is important that you walk as long as you can. You will be tired after the test.

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How long will the test last?

An exercise test can last from 30 minutes to one hour. How long you actually walk depends on your physical condition and the condition of your heart. You will be asked to walk until you are too tired to keep on.

Tell the doctor or PA right away if you have:

- chest pain
- leg cramps
- shortness of breath
- dizziness

What happens after the test?

After you have finished the walking part of the test, you will rest for about six minutes. During this time your technician will check your heart rhythm and blood pressure. Your technician will take off the testing equipment and you can get dressed.

- If you are a hospital patient, you will be taken back to your room. You may keep on doing all your usual activities if your doctor has said they are OK.
- If you are an outpatient, you may go home and go back to your usual activities.

Where do I get the results?

- A Cardiologist (heart doctor) will check your test and send the results to your doctor.
- If you are a clinic patient, your doctor will tell you the results at your next visit.