

Your heart receives blood with oxygen from vessels called **coronary arteries**. When the arteries around your heart become narrow or blocked, the heart does not receive enough oxygen. Sometimes this may result in chest pain, but there may be no outward signs of vessel disease.

Your doctor has recommended an **exercise stress test** to determine your heart function and exercise capacity. The test is used to evaluate the blood vessels around your heart and determine if your heart muscle is receiving enough blood to function properly. If the flow is limited, changes on the **electrocardiogram (ECG)** may be observed.

Before the test, the **ECG electrodes** and a **blood pressure cuff** will be attached. A couple of preliminary readings will be taken. Then you will be asked to walk on a **treadmill** for a period of time (this time varies according to an individual's tolerance for exercise). The doctor and a qualified staff member will observe you continuously while the level of difficulty of the exercise increases. Your heart functions will be monitored continuously by ECG and your blood pressure will be taken at regular intervals during the exercise. You should remember to report **immediately** if you feel dizzy, weak, experience extreme shortness of breath or chest pain. The test will normally end when you become fatigued.

To prepare for the test:

- Wear comfortable loose-fitting clothing (tennis shoes, shorts or loose pants, t-shirt-- no sports bras, please).
- Avoid strenuous physical activity before the test.
- Avoid smoking and beverages that contain caffeine.
- Eat a light meal two hours prior to the test. **DO NOT FAST**. If you are also having lab work done, bring a snack to have prior to your stress test, such as juice, fruit, etc.
- Continue prescribed medications unless otherwise instructed.
- Bring these instructions with you to the test and allow at least one hour to complete the study.

I have read the above information and my questions have been answered.

Date: _____

Signed: _____

Witness: _____

Date and time of test: _____

(To schedule testing, call 281-440-5300 and select option 4 for appointments)