



What is an Exercise Stress Test?

An Exercise Stress Test is a test used to assess the effects of exercise on the heart function. The test begins with a resting ECG (electrocardiograph). You will then commence walking on a specialist treadmill where the speed and incline increase every three minutes until the target heart rate is reached. Measurements of your heart rate, blood pressure oxygen saturation and electrocardiographs will be taken during the test.

How do I prepare for the Exercise Stress Test?

There are some simple preparations for this test;

- you can have a light meal prior to your test, and if you need to take any medications, these may be taken with a sip of water
- you will need to refrain from smoking for two hours prior to the test
- as you'll be on a treadmill it is advisable to wear comfortable clothing and footwear
- you will need to cease taking the following medications prior to the test

Stop these medications two (2) full days prior to your test;

- Alprenolol (Aptin)
- Atenolol (Tenormin, Noten)
- Bisoprolol (Bicor)
- Carvedilol (Dilatrend, Kredex)
- Metoprolol (Succinate, Tartrate, Betaloc, Lopressor, Minax, Toprol)
- Nebivolol (Nebilet)
- Oxprenolol (Corbeton, Trasicor)
- Pindolol (Barbloc, Visken)
- Propranolol (Deralin, Inderal, Cardinol)
- Sotalol (Sotacor)

Stop these medications one (1) full day prior to your test;

- Verapamil (Isoptim, Veradil, Anpec, Cordilox, Tarka Veracaps SR)
- Diltiazem (Cardizem, Cardizem CD)
- Nitrates (Transiderm, Nitro patches, Nitro-dur, Imdur, Isordil)

You will also be required to sign a patient consent form on the day of your test

When will I receive my results?

A Cardiologist will review your result and will generally report their findings on the day of your test. The results will be sent to your referring doctor for discussion. If you will be seeing your doctor within 24 hours of having the test, please advise the Nepean Cardiology staff.