

STRESS TEST

Your doctor has requested that you have a STRESS TEST. It has been scheduled for _____ at Mitchell County Regional Health Center. You need to present to the Patient Registration area that is located in the front lobby of the hospital 20 minutes before your test.

What is a Stress Test ?

A Stress Test measures the heart's response to physical stress. During exercise, the heart beats faster and requires more oxygen. An electrocardiogram (EKG) is taken during exercise and this can provide your physician with information on how your heart and coronary heart arteries are functioning.

Before your test

1. Wear comfortable walking shoes and loose fitting clothing that permits freedom of movement. Women should wear slacks.
2. Do not eat, drink caffeinated beverages or alcohol, or smoke/use tobacco for three hours prior to your test.
3. Make sure your physician is aware of all medications that you take. He/She will inform you if you are to take all your medications before the test

During the test

1. The test will be performed on a treadmill. A physician will be present. You will start slowly and increase every several minutes until you have reached your heart's peak work level that is predetermined by age.
2. The test may be stopped at any time if you feel that you cannot continue or if your blood pressure is too high or too low, if your EKG shows changes, or if you experience chest discomfort, shortness of breath, dizziness, feeling faint, or leg cramps. You will need to inform your doctor of any such symptoms.
3. The test takes 45 to 60 minutes; but the time spent exercising is seldom more than 9-12 minutes depending on your physical condition.

After your test

Your test results may be given at the time of the test or they may be given to you at a later time.

If you have any questions in regard to your appointment or **need to cancel**, please call Karen Thome at 641-732-6081. You may leave a message if she is unavailable, and she will get back to you.

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If you have any questions or would like more information contact us at:



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