



# INFORMATION SHEET

---

## EXERCISE STRESS TEST

### EXERCISE STRESS TEST EXPLAINED

---

An exercise stress test assesses your heart under stress.

### PLEASE ADVISE US BEFOREHAND

---

Some medications may interfere with your test and prevent accurate diagnosis. Please advise us at the time of booking if you are taking any heart or blood pressure medications.

Please also advise us if you have any physical or medical condition which would impact your ability to walk on a treadmill.

### PREPARATION

---

You may be advised to wean or omit certain medications prior to your test. You must discuss this with your doctor prior to doing so. Please bring to your appointment:

- Your referral and Medicare, Pension and/or Health Care Cards
- A list of your current medications.

Do not apply any lotions or creams to the chest area.

Wear comfortable walking / running shoes for the treadmill and a two piece outfit i.e. top and shorts or pants.

### WHAT HAPPENS DURING THE PROCEDURE

---

You will need to remove your clothing from the waist up. Women may leave their bra on and may be offered a gown to wear. You will be connected to a heart monitor and required to walk on a treadmill which increases gradually in speed and incline.

### HOW LONG DOES IT TAKE

---

Approximately 30 minutes.

### AFTER THE EXAMINATION

---

You can usually go back to your normal activities including resuming your regular medications if you omitted any for the test.

### YOUR IMAGES AND REPORT

---

A report will be sent to your referring doctor. PRP will store electronic copies of your ECG graphs on our secure database for comparison with any future studies.

It is very important you return to your doctor to discuss your examination results.