



Understanding Your Stress Test

Our team performs three types of stress tests—routine stress tests, one-day imaging stress tests and two-day imaging stress tests. Each test evaluates your heart’s function.

ROUTINE STRESS TEST

A routine stress test evaluates your heart rate and blood pressure while you exercise on a treadmill. Do not eat or smoke for two hours prior to your appointment. Your appointment will last up to 60 minutes.

DURING THE TEST

Our technician will apply small, flat, sticky patches called electrodes to your chest. They’ll be attached to an electrocardiogram monitor - called an EKG - that charts your heart’s electrical activity during the test. If you are unable to walk on a treadmill, medication will be used to increase your heart rate to the same levels as walking would achieve.

IMAGING STRESS TEST

The imaging stress test evaluates your heart at periods of rest and stress. Many times this test helps diagnose coronary artery disease and other heart conditions.

DURING THE TEST

A small amount of imaging medication will be injected intravenously at times of rest and stress. Then pictures of your heart will be taken about 45 minutes after each injection. The imaging agent is absorbed into the heart and shows whether your heart is receiving adequate blood supply under various conditions. The stress phase of the test is usually performed while you are walking on a treadmill.

After the stress/rest phases you will then need to lie still on a table while a special camera rotates around your chest and takes pictures of your heart. This process takes between 15 and 30 minutes for each set of pictures.

If you are scheduled for a one-day imaging test, your appointment will last between three and four hours. You will be asked to eat after the injection and before the images are taken.

Two-day stress tests last about one and a half to two hours per day. You will be asked to eat after the injection and before the images are taken on both days.

Your stress test will take place at:

North Shore Physicians Group

You are scheduled for:

_____ Routine Stress Test	Date: _____	Time: _____
_____ One-day imaging Test	Date: _____	Time: _____
_____ Two-day imaging Test		
Day 1	Date: _____	Time: _____
Day 2	Date: _____	Time: _____

PREPARING FOR YOUR IMAGING STRESS TEST

Please read carefully. Failure to comply may result in having to reschedule your exam.

1. You may drink water at anytime.
2. **Do not drink caffeinated or decaffeinated products** for 12 hours prior to your appointment. This includes: coffee, tea, soda, energy drinks, chocolate or cocoa, medications that contain caffeine-Anacin, Caffeine, Carditea, Excedrin, Fioricet, Fiorinal, Hycomine, Norgestic, Repan and Vivarin.
3. Do not eat four hours prior to your appointment.
4. Please bring something to eat (muffin, bagel, sandwich, etc.) during your appointment, but do not eat until instructed to do so.
5. Take your medications as usual, unless you are instructed otherwise by your physician.
 - a. Avoid medications that contain caffeine for 12 hours prior to your appointment.
6. If you are diabetic, please call your physician for special instructions. If you use inhalers, please bring them with you to your appointment.
7. Wear comfortable clothing suitable for walking or jogging. Refrain from wearing heels, boots or slip-on shoes.
8. Do not smoke for at least four hours prior to your appointment.
9. Bring a list of your current medications with you to your appointment.
10. You may shower or bathe the morning of your test, but please do not apply body lotions to areas above the waist.

