

Why do I need this test?

This examination will give your doctor information about the blood flow to your heart muscle. The most common reasons for doing this exam are:

- To check for any major blockage of the blood flow to the heart muscle.
- To help your doctor check your heart before any surgery you may need.

What happens before the test?

- Do not eat or drink for 6 hours prior to your test, unless otherwise instructed by your doctor.
- You may take your medications with a sip of water, unless otherwise instructed by your doctor.
- If you are currently taking any heart medications, check with your doctor. He or she *may* ask you to stop certain medications a day or two before the test, including beta blockers and calcium channel blockers. This can help you get more accurate test results.
- **Report to the clinic 15 minutes prior to the procedure.**
- Plan to be at the hospital for up to one hour.
- Wear comfortable clothes and shoes for exercise.

What happens during the test?

- You will have electrodes attached to your chest to monitor your electrocardiogram (EKG) during the test.
- You will have a resting EKG and blood pressure completed.
- You will be closely watched during the entire test.
- You will be asked to walk on the treadmill. The treadmill will increase in speed and incline until your target heart rate is achieved.
- The doctor or nurse will check your EKG, blood pressure and ask you how you are feeling during your time on the treadmill.



What happens after the test?

- The electrodes will be taken off your chest when you feel rested.
- There are no restrictions or limitations after your test, unless otherwise instructed by your doctor.
- Resume your usual diet, fluids, medications and activity.

