



Cardiac Testing Stress Test Only

What is a Stress Test Only?

A Stress Test Only determines whether your heart is getting enough blood flow. To perform the test, we will monitor your ECG while you walk on the treadmill.

How should I prepare for the procedure?

You should not have any caffeine or food for 2 hours prior to the test, including decaf, chocolate and cola. You should not smoke for 2 hours prior to the test. If you take any heart or blood pressure medication at night, you should not take the dose the night before the test. All medications should be held the morning of the test. Please bring a list of your medications. You should wear comfortable clothes and tennis shoes for the treadmill. You will be here for approximately 30 minutes. We do require 24 hour notice of cancellation, or you will be charged \$25.

If you have diabetes and take insulin or other oral medication, please check with your physician to see if you need to adjust your medication while you are not eating.

How is the procedure performed?

When you arrive, you will be interviewed for your medical history. We will place electrodes on your chest for the ECG. Then you will walk on the treadmill for approximately 6-12 minutes until we reach your target heart rate to make the test valid. The speed and incline of the treadmill will increase every 3 minutes. You will tell us when you need to stop walking, and we will slow the treadmill down for a cool down.

What are my instructions after the exam?

You can eat and take any medication that you normally would.

When do I get the results?

The results of the stress test only will be interpreted by our supervising physician and the results will be sent to your physician the day of your test. Your physician will follow up with you after reviewing the results.

What do I do if I have other questions?

If you have any other questions before or after your appointment, please call cardiac testing at 326-2700.

Your appointment is on:

_____ @ _____ @ the _____ location.

COPC Cardiac Testing
4885 Olentangy River Rd. Suite 130
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(614) 326-2700
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