

# BTFP Exercise Stress Testing Instructions

## What is a Stress Test?

Cardiac stress test (or Cardiac diagnostic test) is a test used to measure the heart's ability to respond to external stress in a controlled clinical environment. The stress response is induced by exercise stimulation. Cardiac stress tests compare the heart's blood circulation while the patient is at rest with the same patient's circulation observed during maximum physical exertion, showing any abnormal blood flow to the heart's muscle tissue. The results can be interpreted as a reflection on the general physical condition of the test patient. This test can be used to diagnose ischemic heart disease, and for patient prognosis after a heart attack. This test can take approximately 60-90 minutes.

## Instructions

You will be asked to walk on a moving treadmill.

No alcoholic beverages within 24 hours prior to testing.

No caffeine such as coke, coffee, or tea at least 4 hours to testing.

No smoking 4 hours to testing.

No bath oils or body creams on the chest area the day of the test.

You may have a light meal 2 hours before testing. (soup or sandwich)

**Stop any beta-blocker medication 24hrs prior to testing.** These medications include;

Betapace (sotalol)

Betimol/Istalol (timolol)

Bystolic (nebivolol)

Coreg (carvedilol)

Corgard(nadolol)

Inderal/InnoPran (propranolol)

Ocupress (carteolol)

Tenormin (atenolol)

Toprol/Lopressor (metoprolol)

Trandate (labetalol)

Zebeta (bisoprolol)

Take all other medications unless otherwise instructed by the provider.

You may drink water any time prior to the test.

\*If you are Diabetic, take your insulin and eat a normal breakfast the day of the test.

## What to Wear

**Men:** Gym shorts or sweat pants and a T-shirt. Gym shoes or comfortable shoes for the treadmill.

**Women:** Sports/jog bra; short sleeved loose fitting blouse that buttons in front, and shorts or sweat pants. Gym Shoes or comfortable shoes for the treadmill. NO ONE PIECE GARMENTS OR PANTYHOSE.

If you have any questions regarding the procedure, scheduling, or what to wear please contact the office via your Patient Portal account or by phone.

Frisco Location: 972.377.8800

Dallas Location: 972-380-7000

**BE SURE TO NOTIFY US AT LEAST 24 HOURS PRIOR TO THE SCHEDULED TEST IF FOR ANY REASON YOU ARE UNABLE TO KEEP YOUR APPOINTMENT.**