

If you have a cold, flu, fever or are feeling ill, contact the Bookings Office at 519-631-2030, ext. 2125 prior to coming for your test.

What is a Stress Test?

A regular cardiac exercise stress test is a painless, non-invasive test. This test measures the electrical (EKG/ ECG) changes to your heart during stress – exercise.

What will happen during the Stress Test?

Electrodes are placed on your chest to monitor your heart rhythm and a blood pressure cuff is put on your arm.

You will then walk on a treadmill for as long as you can. The speed and slope of the treadmill will increase slowly. As you exercise, walking may get more difficult and your heart rate and blood pressure may rise, this is watched closely.

Let the therapist/technologist or doctor know if you have any chest pain, lightheadedness, feel nauseated or tired. Your heart rhythm and blood pressure will continue to be monitored after you reach your exercise limit and for a short period after.

What will happen after the Stress Test?

You return to your normal activities. The supervising physician will send the stress test report to your physician. The results will be given to you by your physician.

Type, Preparation and Duration

- Take your medication as usual, unless the doctor told you otherwise. Ensure you are not on a beta-blocker. Please bring all medication that you presently take with you to the test.
- Wear or bring clothing appropriate for exercise – loose fitting top and pants and comfortable rubber-soled flat shoes (i.e. runners, shorts, and a short sleeved shirt).
- The morning of the test you may have a light breakfast.
- No smoking from midnight the night before the test until the test is complete.
- If your appointment is in the afternoon, you may have breakfast and a light lunch before your test.

The test will take approximately 45 minutes.

