



CARDIOVASCULAR ASSOCIATES  
— OF CHARLOTTESVILLE —

Patient Name: \_\_\_\_\_

Date of Birth: \_\_\_\_\_

## Exercise Stress Test - What to Expect

Your Provider, \_\_\_\_\_ has ordered an Exercise Stress Test.

The Exercise Stress Test (also called stress test, exercise electrocardiogram, treadmill test, graded exercise test, stress ECG)

The test is used to provide information about how the heart responds to stress. It usually involves walking on a treadmill at increasing levels of difficulty, while the electrocardiogram, heart rate and blood pressure are monitored.

- A technician will place electrodes on your chest to monitor your EKG. The electrodes are attached to an electrocardiograph (ECG) monitor that records your heart's electrical activity during the test.
- Your blood pressure and ECG recording will be taken before, during and after exercise.
- You will start walking on a treadmill at a slow pace. At regular intervals, the difficulty of the exercise will increase until you achieve the target heart rate or you develop symptoms.
- Your heart rate, EKG and blood pressure will be monitored throughout the test.
- It is normal for your heart rate, blood pressure, and breathing to increase. This information will allow your physician to assess your heart's ability to function.
- When you cannot exercise any longer:
  - The treadmill will be stopped. You will get off the treadmill and return to the chair.
  - Your heart rate, blood pressure and EKG will continue to be monitored after exercising until the levels are returning to normal.

After the cardiologist reviews your test, the results will go into the electronic medical record at Cardiovascular Associates. Your referring provider will receive a copy of the results and will contact you to discuss them.

Patient/Guardian Signature \_\_\_\_\_ Date \_\_\_\_\_ Time \_\_\_\_\_