

THE PROCEDURE

An electrocardiogram (ECG) will give the doctor a baseline before the exercise part of the test begins. Your heart rate, rhythm and blood pressure will be monitored throughout the test. As you proceed through the test, the speed and incline on the treadmill will increase progressively at pre-defined intervals. The response of your heart throughout the test will be monitored. A doctor will be present throughout the test. If you happen to experience symptoms at any time such as chest pain or arm pain, shortness of breath or dizziness, tell us right away so that further exercise can be stopped. When the test is complete, we will continue to monitor your heart rate and blood pressure as it returns to baseline. The test takes about an hour.

ARE THERE RISKS?

The risk of a serious complication is extremely low. The risk can include symptoms like chest pain, high blood pressure, irregular heartbeats, dizziness or very rarely a heart attack or sudden cardiac arrest. You will carefully monitored to prevent these and react quickly if they occur.

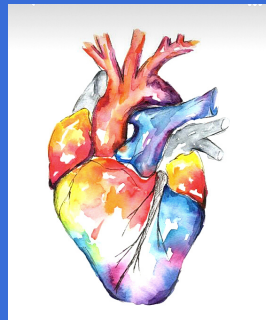
CONTACT US



91-9653404007
022-40101327



S2-21, 2nd Floor, Shoppe
Dosti Imperia, Above IDFC
First Bank, Manpada, GB
Road, Thane 400607



www.hgsuperspecialityclinic.com



EXERCISE STRESS TEST

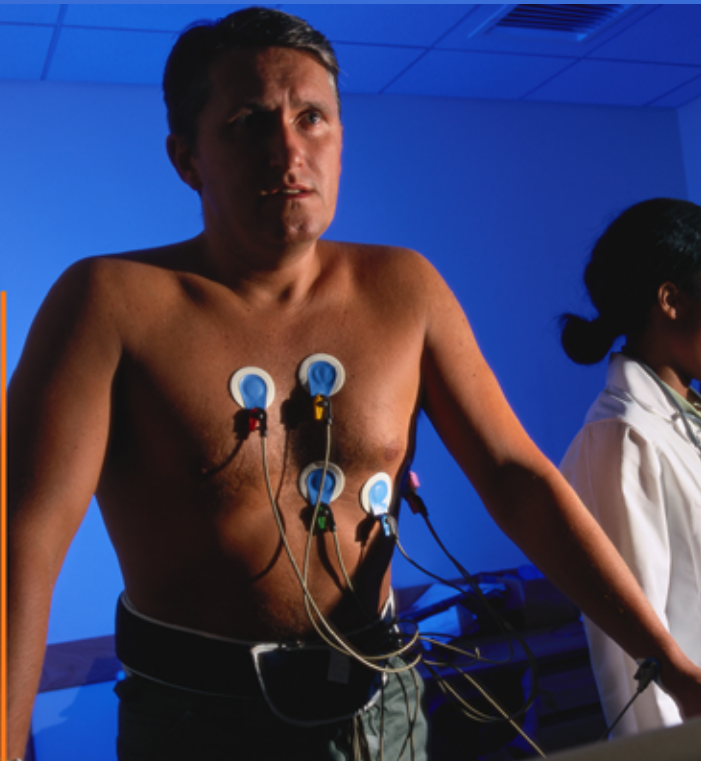


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WHAT IS AN EXERCISE STRESS TEST?

An exercise test, also called a stress test, helps your doctor see how your heart can receive and use oxygen during physical activity. Monitoring your heart rhythm and blood pressure while you exercise helps the doctors know if you have a heart problem. This test is part of a total look at your heart function. Several types of exercise may be used. The most common is having you walk on a treadmill



DAY BEFORE PROCEDURE

- Avoid caffeine-containing drinks for at least 24 hours before your appointment.
- Certain medications like beta blockers may require to be stopped prior to the test.

DAY OF PROCEDURE

- Do not eat or drink for two hours before your test.
- Follow any instructions your doctor gives you.
- Take any medicine that your doctor told you to take.
- If you have diabetes, check with your doctor to see if you should take your diabetes medicines if not permitted to eat.
- Dress comfortably as you would for exercise, including sneakers
- Shaving of the chest in male patients is required prior to the test.
- Carry a list of all the medications you take, the prescriptions, medical records including ECG and echocardiography report if available.
- You should be accompanied by a relation or friend.
- You will have to sign a consent form prior to the test.

HOW DOES A STRESS TEST HELP?

A cardiac stress test can help identify problems that may not show up when the heart is at rest. your doctor may advise a stress test if you have chest pain that increases on exertion, that comes and goes, have breathing difficulty, an irregular heart rate, etc.

The stress test can reveal

- The possibility of having blocks in the heart vessels. As the heart is loaded during exercise, the blood supply to the heart reduces if there are blocks in the arteries resulting in an abnormal stress test
- Heart rhythm abnormalities that show up only when the heart is beating faster during exercise
- Effort tolerance in the presence of poor heart function
- Need for surgery in some patients with diseases of the heart valves
- The stress test can also help in identifying the kind of physical activity that is right for you and helps provide an exercise prescription