

Appointment Date: _____ **Time:** _____

LOCATION: Aultman Main Hospital: 2600 6th St. SW, Canton

DEPARTMENT: Aultman Heart and Vascular Center (noninvasive heart lab)

SUMMARY OF THE EXAM

A stress test is designed to evaluate your heart function under stress. Your heart is evaluated by EKG and echocardiography. You will have an echocardiogram before and after exercise. An echocardiogram is an ultrasound of the heart and is done by bouncing sound waves off the heart.

You will be asked to exercise at a high level based on your age. Remember that you can ask to stop exercise when you feel you cannot go any further. After the exercise, you will be asked to quickly lie down for the second echocardiogram.

WHAT TO EXPECT

An essential part of this test is to significantly stress the heart with exercise. With exercise, you may experience shortness of breath and leg fatigue, which are common. Please communicate ANY symptoms you are having before, during and after your stress test to any staff member. You may have an IV inserted for this test.

INSTRUCTIONS

- Please bring a written order for your test from your doctor.
- Please bring your driver's license or other form of photo ID.
- Do not eat or drink anything for at least four hours before your appointment. You may take medications with a sip of water.
- Do not have caffeine (coffee, tea, cocoa, soft drinks) or nicotine (cigarettes or tobacco products) 12 hours prior to the test or after 7 p.m. the day before your test.
- Dress in clothes comfortable for exercise – wear shorts or slacks and comfortable walking shoes. Do not wear any lotion or powder on your chest.
- Wear warm clothes in layers. The temperature of the rooms you will be in varies and you may feel warm or cold.
- BRING A LIST OF YOUR MEDICATIONS.** Bring in your medications for the day. You will be able to take your medications after the stress test.
- Certain medications should be held for a successful stress test. Beta-blocker medications should be stopped for 24-48 hours before this stress test (see page 3). Verify with your doctor that you should hold these medications.

- If you are an insulin-dependent diabetic, please check with your doctor to see if you should adjust the dose of your insulin.

LENGTH OF THE EXAM: Plan on spending *about two hours* at the hospital for the stress test.

AFTER THE EXAM: You may eat and drink after the test.

You should expect to receive the results of your exam at your next health care provider appointment (if scheduled) or within 10 days of your exam from ordering physician. Please call your health care provider if you do not receive your results.

QUESTIONS PRIOR TO TESTING: Please call 330-363-4229 between 8 a.m. and 4 p.m. and ask to speak to the stress lab nurse.

SCHEDULING AND REGISTRATION: Pre-registration is required for an accurate medical record and proper billing. You may be contacted by a patient access representative if we need any information. If you have questions or need to schedule or reschedule your exam, please call 330-363-6288 or 1-800-837-0440 Monday - Friday between 7 a.m. and 6 p.m. All exams require a written order from your physician.

HOSPITAL PARKING

Free visitor parking is available in Lot 3 across from the Bedford Building. Enter from 6th Street. Valet parking is available at the 7th Street and Bedford Building entrances for a fee – or free if you are a handicapped motorist. Deck parking is available on 7th street for a fee, based on your length of stay.

DIRECTIONS TO THE DEPARTMENT

Heart and Vascular Center (Lot 3 parking is the closest parking) is located on the first floor of the Bedford Building. After entering the Bedford lobby, turn to your right and enter the Heart and Vascular Center.

DO NOT TAKE THE FOLLOWING MEDICATIONS FOR 24-48 HOURS BEFORE YOUR EXERCISE STRESS TEST

Acebutolol
Atenolol
Betapace
Betaxolol
Bisoprolol
Blocadren
Brevibloc
Carvedilol
Cialis
Coreg
Corgard
Corzide
Esmolol
Inderal
Inderide
Kerlone
Labetalol
Levatol
Levitra
Lopressor

Metoprolol
Nadolol
Normodyne
Penbutolol
Pindolol
Propranolol
Sectral
Sorine
Sotalol
Tenormin
Timolide
Tenoretic
Timolol
Toprol
Trandate
Viagra
Visken
Zebeta
Ziac