

Appointment Date: \_\_\_\_\_ Time: \_\_\_\_\_

**LOCATION:** Aultman Main Hospital: 2600 6<sup>th</sup> St. SW, Canton

**DEPARTMENT:** Heart and Vascular Center

## SUMMARY OF THE EXAM

The metabolic stress test will show how well your heart and lungs work while they are under the stress of exercise. The test will measure how much air you breathe, how much oxygen you need and how effectively your heart beats. This information can help your doctor evaluate the effectiveness of your treatment plan and whether other treatments may be necessary or helpful. It can help you develop a safe and effective exercise program.

## WHAT TO EXPECT

You will be connected to an EKG monitor. You will do a short breathing test. Then you will breathe into a mask while you walk on a treadmill. The treadmill will go higher and faster as you exercise. The goal is to make your heart and lungs work hard. You may ask to stop when you feel you cannot go any further.

You may experience shortness of breath and leg fatigue, which are common. Please tell staff if you have ANY symptoms before, during and after your stress test.

## GENERAL INSTRUCTIONS

- If you have a pacemaker/defibrillator, it must be checked before your metabolic stress test. Please call the Device Clinic 330-454-8076, ext. 1107 to schedule a device check.
- Please bring a driver's license or other photo ID.
- Please bring a written order from your doctor to the exam if you were given one.
- Do not eat or drink anything for at least four hours before your appointment. You may take medication with a sip of water.
- Do not have caffeine (coffee, tea, cocoa, soft drinks) or nicotine (cigarettes or tobacco products) for 12 hours before the test or after 7 p.m. the day before your test
- If you have an inhaler to help you breathe, please bring it to the 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 AND TAKE ALL YOUR MEDICATION AS YOU NORMALLY WOULD PRIOR TO THE TEST.**

**LENGTH OF EXAM:** Plan to be at the hospital for *about 1½ hours* total. The actual test should take less than 20 minutes.

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

### **QUESTIONS PRIOR TO YOUR TEST**

Call 330-363-4229 weekdays between 8 a.m. and 4 p.m. and ask to talk with the stress lab nurse.

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. Please call your health care provider if you do not receive your results.

**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 6<sup>th</sup> Street. Valet parking is available at the 7<sup>th</sup> Street and Bedford building entrances for a fee – or free if you are a handicapped motorist. Deck parking is available on 7<sup>th</sup> 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.