

How to Prepare?

) **Do not** eat or smoke for at least 4 hours before your scheduled test

) **Do not** eat or drink caffeine beverages (chocolate, coffee, tea, cola drinks) for 24 hours prior to the test. Even decaffeinated coffee or tea contains some caffeine and may interfere with the test

) **Do not** do any strenuous exercise on the day of the test

) Take your prescribed medications, except for medications for diabetes, since you will not eat prior to the test and certain other medicines called beta blockers. Please check with your doctor prior to the test.

) Bring a list of all current medication. Read and follow any additional instructions or information given to you by your doctor or hospital.

What to Wear?

Please wear shorts, sweat pants or a skirt as well as comfortable non-slip shoes suitable for exercising.



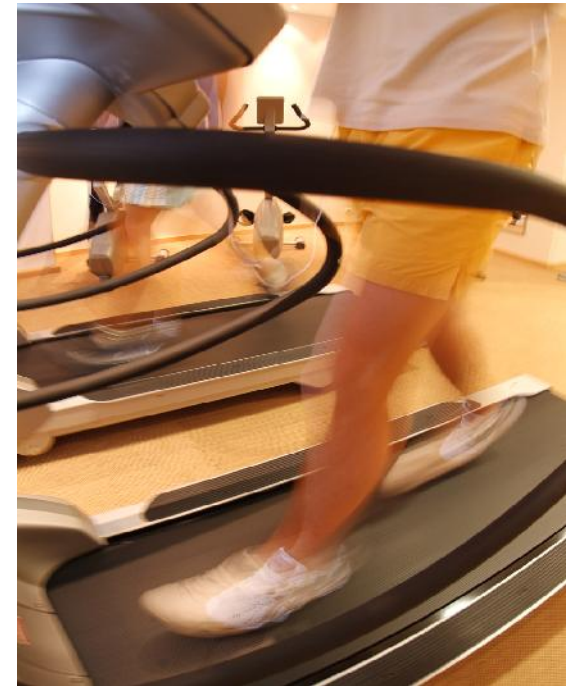
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Stress Test Information Brochure

Appointment Date and Time

Stress Test

Your physician ordered a test called **Stress Test**. The test consists of 3 parts: (1) resting imaging, (2) stress and (3) post-stress imaging. The stress part can be done on a treadmill (exercise stress) or by giving you a medicine that simulates the effect of exercise on your heart (chemical stress). Before each imaging part you will be given an intravenous injection of a small amount of radioactive substance (nuclear isotope). Neither this substance nor the amount of radioactivity it emits is harmful to the body. You will be asked to sit or lie in a camera, called nuclear camera. This camera detects radioactivity of the nuclear isotope inside your heart and sends a picture to a computer. The doctor will compare the images of your heart at rest and after stress.

Stress test can tell us the following:

-) the level to which you can exercise
-) if abnormal heart rhythms can be induced by exercise
-) if there are any areas of the heart that receive less blood supply during exercise or chemical stress. This may be due to a blockage in the artery that supplies these areas.
-) how well your heart pumps blood at rest and after stress

By comparing the results of the test performed at 2 different points in time, e. g. before and after treatment, your doctor can monitor how your condition is changing with time or responds to treatment

What to Expect?

Please allow approximately 3.5 - 4 hours for this appointment. An IV will be inserted in your arm and electrocardiogram (ECG) leads will be placed on your chest to watch your heart rate and rhythm during the test. A resting heart imaging will be performed. Afterwards, either exercise or chemical stress will be performed followed by post stress imaging. A doctor and experienced technicians will be there to supervise your procedure. They will check your heart beat and blood pressure during and after the test. If you are performing exercise stress, the speed and incline of the treadmill will increase every 3 minutes and you will walk until you are tired or unable to continue. At the conclusion of the test you will continue to walk as this will reduce the risk of fainting. It will be much easier to walk at this stage.

After the stress you will be asked several questions:

-) why you stopped the exercise
-) did you experience chest pain, dizziness or other discomfort

If any problems occur during the procedure the test may be stopped.

You will be supervised and checked carefully during your recovery period. **Tell us immediately if you are not feeling well.** The staff that will be with you during this procedure are trained professionals and are able to deal with any type of complications. **Please discuss any questions or worries you may have before you agree to the test.**

What If I Can't Exercise?

If you are unable to walk on a treadmill or unable to reach a certain level of exercise, we may give you a medication to simulate the effect of exercise on your heart. This test provides similar information, except that it can not measure how much you can exercise.

What Are the Risks?

Rarely

-) Abnormal heart beat. This may settle with or without treatment
-) Chest pain. This may need treatment with drugs
-) Heart attack
-) Low blood pressure
-) Fainting

Very Rarely - less than 1 in 10, 000 people

-) Death

There is also a small risk of muscle or joint injury, like with any exercise.

