



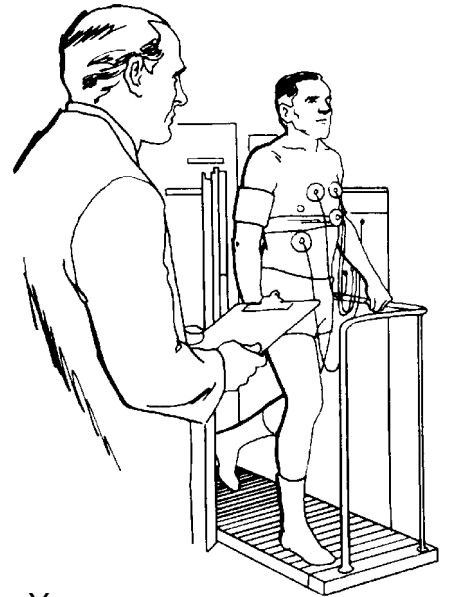
HEALTH FOR LIFE

Stress Test

First of all, do not be afraid of the name “Stress Test.” The only stress involved is carefully controlled physical exercise.

What Is A Stress Test?

A stress test is also commonly called a graded exercise stress test. This test measures how well your heart, lungs, and muscles function during physical activity. The word graded refers to the step-like manner in which the test proceeds. You will start exercising on either a treadmill or stationary bicycle at a low level of exercise. At specified lengths of time, the difficulty of the exercise is increased by small amounts or in a step-like manner. The test will be done in a Cardiopulmonary Laboratory.



How Should I Prepare For The Test?

- **Fasting:** Please do not eat for 2 hours before the test. You may have water, but no other beverages or food.
- **Medicines:** Please take your medicines as scheduled with water only.
- **Clothing:** Wear tennis shoes or comfortable walking shoes. Please wear a short sleeve loose-fitting top. Women should wear a top that buttons in the front and wear pants or shorts.

What Happens During the Test?

- The slope of the platform on the treadmill will be raised every few minutes and the speed will be increased to make the exercise more difficult. If you are using a bicycle, the pedal tension and speed will be increased to put more work on your heart.
- Before starting the test, you will be attached to an electrocardiogram (ECG). The ECG records the electrical activity of your heart continuously while you are exercising.
- A blood pressure cuff will be attached to your arm during the procedure. Your heart rate and blood pressure will be taken during each step of the test.
- In some cases, the air you exhale may be measured to determine the amount of oxygen you use for energy during exercise.

- During the test you will be asked questions about how you feel. You may be asked to rate how difficult the exercise feels to you, rating it from very light to very difficult. Tell the doctor or technician if you any uncomfortable or unusual feelings of chest pressure or pain, shortness of breath, or dizziness.
- The test will end when you feel tired and cannot continue, or if the doctor feels enough information had been gathered.
- After the test you will be asked to sit and rest for several minutes.

If you would like more written information, please call the Center for Health Information at (614)293-3707. You can also make the request by e-mail: health-info@osu.edu.

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Executive Health / Cardiac Rehabilitation
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- ▶ Upon request all patient education handouts are available in other forms for people with special hearing, vision, and language needs, call (614) 293-3191.