Symphony of Health connections

Graded Exercise Stress Test Patient Information and Preparation Instructions

Test information:

A cardiac stress test (or exercise stress test) examines your heart health by assessing your exercise tolerance and your heart response to exertion. It shows how the heart works during physical activity when the heart must pump harder. It can help diagnose narrowing in the heart arteries, look for abnormal rhythms, and assess your level of fitness, heart rate and BP response to exercise. This information may help with Shared Decision Making with you to plan subsequent investigations and/or treatment options.

The test involves walking on a treadmill or riding a bicycle ergometer at progressively faster speeds, increasing resistance, or steeper inclinations. Your breathing, blood pressure, heart rate and rhythm, your electrocardiogram (ECG) and symptoms will be monitored throughout the stress test to ensure your safety and well-being. See more information.

Please review the following information to allow for appropriate testing:

- Arrive 15 minutes prior to your appointment time to allow for preparation.
- No lotions, powder, or body oils on your chest or arm areas.
- Do NOT eat or drink for 4 hours before your test. You may drink small sips of water.
- Avoid physical exercise, caffeine, nicotine, vaping, nicotine patches, alcohol and cannabis products for 2-3 hrs before and 2 hours after.
- Please have comfortable walking shoes and clothes for the test.
- Unless specifically instructed by your referring doctor, stop taking the medications listed for the required period. If in doubt, please ask your referring health care provider for clarification. You may continue with medications not listed.
- Please bring your medications and a list of their names and doses (amount you take) with you.

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Medications to hold for 48 hrs:	Medications to hold for 24 hrs:
Acebutolol / Monitan / Rhotral / Sectral Atenolol / Tenormin Bisoprolol / Monocor Carvedilol / Coreg Diltiazem XC / Tiazac XC Metoprolol SR / Lopressor SR Nadolol / Corgard Nebivolol / Bystolic Pindolol / Viskin Sotalol / Sotacor Timolol / Blocadren Cialis / Tadalafil Levitra / Vardenafil Viagra / Sildenafil	Amlodipine / Norvasc Diltiazem / Cardizem Felodipine / Plendil Nicardipine / Cardene / Cardene SR Nifedipine / Adalat XL / Adalat PA Imdur – Isosorbite Dinitrate Ismo – Isosorbide Mononitrate Isordil SR Isosorbide Dinitrate / Isosorbide Mononitrate Nitroglycerine patches Ivabradine / Coralan / Procoralan Labetolol / Normodyne / Trandate Metoprolol / Metoprolol XL / Lopressor XL / Toprol XL Propranolol / Inderal Twynsta Verapamil/ Verapamil SR / Verapamil ER Isoptin / Isoptin SR

Your test results:

Your test results will be communicated with your referring health care provider and/or family physician **within 5-10 business days**. Please contact them to discuss. If any **Urgent or Critical** results are found, a Symphony of Health Connections team member will contact you. Should your test result require urgent consultation/assessment/treatment, we will try to expedite that for you as possible in coordination with your referring provider/family physician to minimize your concerns.

If your results are **Normal or Stable** and were ordered by Symphony of Health Connections, our team will review them with you by letter, phone call, text if available, or at your next scheduled follow-up appointment.

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