

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

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

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

### **SUMMARY OF THE EXAM**

A stress test will check your heart function under the stress of exercise. Your heart is evaluated by EKG and heart scans. The test can help show whether you have blockages in the heart blood vessels. The test can be used for other reasons, such as to check for heart rhythm problems.

### **WHAT TO EXPECT**

There are three parts to this test.

You will have an IV started so an imaging agent can be given. You will lay on a table under a nuclear camera for approximately 12 minutes before and after the exercise portion of the test.

Between the two heart scans, 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. 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.

### **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 five hours* at the hospital for the scans, stress test and necessary wait time between parts of the test.

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

You should expect 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.

**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 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**

The 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