

## What is Stress Test?

- A **Stress Test** sometimes is called a **treadmill test** or **exercise test**. It is carried out to find how your **heart works**.
- This test involves **walking** on a **treadmill** while **monitoring** the **ECG**. The speed and the inclination of the treadmill will increase gradually.
- The results will show how well your **heart responds** to the stress from different levels of exercise.

## Why is it done?

Doctors use exercise Stress Test to find out:

- If you have irregular **heartbeats**.
- If you have symptoms such as **chest pain** or **difficulty in breathing** on exertion as a result of lack of blood supply to your heart. (CORONARY ARTERY DISEASE)
- Check the effectiveness of procedures done to improve coronary artery circulation in patients with coronary artery disease ( or

post Angioplasty/ post heart bypass operation.)

## Preparing of Stress Test

- You will be asked to remove all upper body clothing, and to put on a gown with the opening to the front.
- Electrodes will be put onto your chest to capture an **ECG**.
- **Resting blood pressure, heart rate, and ECG** will be recorded.
- You will be asked to **walk** on a treadmill. The **walk starts** off **slowly**, then the **speed** and the **inclination** will increase **every 3 minutes**.

## Does it hurt?

- There's no pain but you may feel tired during exercise.

## During Stress Test

- You will be **monitored** throughout the test. If there is any problem, such as **chest pain, dizziness, shortness of breath, or extreme fatigue** the technologist will stop the test right away.
- **Blood pressure, heart rate, and ECG** will be **monitored** for three to five minutes after exercise.
- The data will be reviewed by a cardiologist after the test is completed.

## What happen after Stress Test?

- Depending on the results of the exercise Stress Test, the Cardiologist may recommend more tests such as CT angio or angiogram