



# CARDIAC STRESS TEST

## Patient Preparation Instructions

\_\_\_\_\_ Davenport Diagnostic Center  
2<sup>nd</sup> Floor, Genesis Heart Institute  
1236 East Rusholme  
Davenport, IA 52803  
(563) 324-2992

\_\_\_\_\_ Moline Diagnostic Center  
1100 36<sup>th</sup> Avenue  
Moline, IL 61265  
(309) 743-6700

Your test is scheduled on: DATE: \_\_\_\_\_ TIME: \_\_\_\_\_

- **Please read these instructions carefully. Failure to follow these instructions may require the test to be rescheduled.**
- **If you need to cancel or reschedule this test you MUST call 48 hours prior to your appointment time.**
- **If your insurance has changed since the time your test was scheduled, please check with your current insurer to see if test pre-certification is required.**

### What is a cardiac stress test?

A cardiac stress test is a procedure in which you will walk on a treadmill while your electrocardiogram and blood pressure are being recorded. This test helps your doctor evaluate your heart's response to exercise.

### How to prepare for the test:

- No food or drink 4 hours prior to this test. Sips of water to moisten your mouth are acceptable. If you are a diabetic, please ask your doctor about fasting and taking your diabetic medications.
- Your doctor may ask you to hold the following medication (s) \_\_\_\_\_ for the indicated number of doses prior to your test: # \_\_\_\_\_ Doses
- You should take your other medications before and after the test **unless instructed otherwise.**
- Wear comfortable two-piece clothing and walking shoes.
- If CVM does not have a current list of your medications, please bring a list of your medications or your medications in their bottles with you.
- Please allow 1 hour for this test.

### Upon arrival at the doctor's office...

A member of our staff will escort you to an exam room, explain the procedure, and ask you to sign a consent form. EKG patches will be placed on your chest. The stress test will be performed on a treadmill. You will be asked to walk on the treadmill until you are tired. When the test is complete you may resume your regular diet and routine. The test usually takes about 1 hour to complete. A copy of the test report will be sent to your physician.