EXERCISE STRESS GXT (Non-Nuclear)-Outpatient

PATIENT INSTRUCTIONS

Your doctor has ordered an Exercise Stress Test to evaluate your heart’s response to exercise. The test will take 1 hour; however, the time exercising is usually less than 15 minutes. The test is to be conducted in the Nuclear Medicine Department on the second level of the 87th Street Specialty Clinics building. You do not have to stop at registration prior to the test; however, please arrive in the department 10 minutes prior to your appointment time to allow time to complete necessary paperwork.

GENERAL INFORMATION:

1. DO NOT eat within 2 hours of the test. You may drink water.
2. DO NOT smoke for at least 2 hours before the test.
3. DO NOT drink caffeinated drinks (such as: colas, coffee, tea Mountain Dew, Dr. Pepper, etc.) for 2 hours before the test.
4. Take your medications as usual unless otherwise instructed by your doctor.

No other special preparation is necessary for the test. We ask that you wear comfortable, loose fitting clothes and comfortable walking shoes. Women, please DO NOT wear a skirt or dress.

When you arrive in the Nuclear Medicine Department, you will be asked to fill out a short form about your past health and sign an informed consent.

You will exercise by walking on a treadmill. You will begin walking at a very slow pace, then every 2 to 3 minutes the speed will slowly increase. In addition, the front of the treadmill will rise which makes you feel like you are walking uphill. As you are walking, it is important to tell the nurse and exercise physiologist how you are feeling. It is normal to get very tired while walking. The exercise physiologist or nurse will encourage you to walk as long as possible.

Your heart and blood pressure readings are continuously monitored during the test. You may resume normal activities after the test unless instructed otherwise by your doctor, nurse, or stress lab personnel. A report will be sent to your doctor who will inform you of the results.
Your exercise test **WILL NOT** include Nuclear Medicine imaging.

Remember, our staff is here to help you. If you have any questions about this test, please ask.

To find Nuclear Medicine, enter the campus on 87th street. Follow the signs to Parking Area 3. Take the parking structure elevator to level D. The bridge leads to the 2nd level of the Specialty Clinics Building. Follow the signs to Nuclear Medicine.
Directions to Specialty Clinics Building

Please park in Parking Area 3 structure.
From Watertown Plank Road via 92nd Street:
Turn south on 92nd Street and continue through a stop light at West Connell Court. Turn left on Doyne Avenue. Turn left on Doyne Avenue.

From Watertown Plank Road via 87th Street:
Turn south on 87th Street. You'll come to a stop sign at East Connell Court. Turn left and continue south on 87th Street. Turn left on Doyne Avenue.

From Wisconsin Avenue:
Turn north on 87th or 92nd Street and then onto Doyne Avenue. Turn right on William Coffey Drive and follow signs directing you to the Parking Area 3 structure.

Once Parked:
The Specialty Clinics Building will take you to the 2nd floor of the building.

Questions? Call 414-805-3666 or visit froedtert.com

Please Note: All of our parking structures and surface lots have accessible parking closest to building entrances. Entrance from our parking structures are all equipped with power doors. For more detailed information visit froedtert.com (Locations & Directions, Transportation and Parking Services).