Exercise Stress GXT (Non-Nuclear) - Outpatient

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 done in the Center for Advanced Care (CFAC). You do not have to stop at registration before the test; however please arrive in the department 10 minutes before 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 the Center for Advanced Care (CFAC), enter the campus on 92nd street. Follow the signs to Parking Area 5. Take the elevators to the 4th floor. Check in at the desk for the Heart and Vascular Department.

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