



# COMPREHENSIVE HEART CARE, P.A.

Preventive, Clinical, Interventional,  
& Nuclear Cardiology

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## The Exercise Stress Test (ETT)

### What to expect when an exercise stress test is ordered

The stress ECG is performed while you walk on a treadmill.

During the test, an electrocardiogram (EKG) records the electrical activity of your heart. Comprehensive Heart Care utilizes the Bruce protocol due to it being the standard used in cardiology practice to evaluate the heart in its response to exercise.

The test has many stages, each of which are 3 minutes in duration. With each advancing stage, the speed and degree of incline increases, causing your heart rate, respiratory rate, and systolic blood pressure to rise. In general, exercise testing is very safe although all tests, by nature, carry a small risk. The test will be supervised by the Nurse Practitioner and/or the physician in clinic. The ordering cardiologist will interpret the test results.

If you develop chest pain or shortness of breath during the test, please let the staff know.

### Preparation

- In general, you shouldn't eat, drink or smoke for at least two hours before the test, but follow your doctor's specific instructions.
- Wear comfortable walking or running shoes or sneakers, and shorts or loose-fitting exercise pants. Women may wear a loose-fitting top that opens in the front.
- No Beta Blockers

### Test Procedure

- ECG leads are attached to your chest
- Your blood pressure is measured, and then the blood pressure cuff is left in place to allow regular blood pressure measurements during the test
- Your heart rate, ECG pattern and blood pressure will be monitored as you exercise at increasing levels of intensity.