

UNITED HOSPITAL CENTER PATIENT EDUCATION

CARDIOPULMONARY STRESS TEST



Your physician has referred you to the Diagnostic Services Department at United Hospital Center for a Cardiopulmonary Stress Test.

A Stress Test demonstrates the function of your heart and lungs while you are exercising.

After arriving at the hospital the technician will attach electrocardiogram (EKG) monitors to your chest, along with a pulse oximeter monitor which will monitor the oxygen level in your body. You will then walk on a treadmill at gradually increasing speeds and slopes. While you are exercising the doctor can watch your heart and lungs on the monitors. If you experience tiredness, shortness of breath, dizziness, or chest pain during the stress test, please tell the doctor.

At the end of the stress test you may have an arterial blood gas drawn (blood drawn from your wrist) if the monitor showed oxygen desaturation while you exercised. Your blood pressure will also be taken after you exercised.

You are asked to wear loose fitting clothing, comfortable clothing and shoes that are appropriate for walking or running (preferably tennis shoes). High heels and slippers are **not** permitted.

LENGTH: Approximately 1 hour (for testing only)

DISCLAIMER: The content contained in this patient education is presented solely with the intent of providing public service information on health and health-related issues. This information is neither intended nor implied to be a substitute for professional medical advice. Always consult your physician or other qualified health provider prior to utilizing any of the information presented in this patient education. UHC makes no warranty, representation or guaranty as to the content, accuracy, timeliness or completeness of the information presented in this patient education or that the information may be relied upon for any reason.

Revised: October 2009