

CARDIAC STRESS TEST

You will have a:

Cardiac Stress Test
(Basic Exercise Walking Test)

Date:

Time:

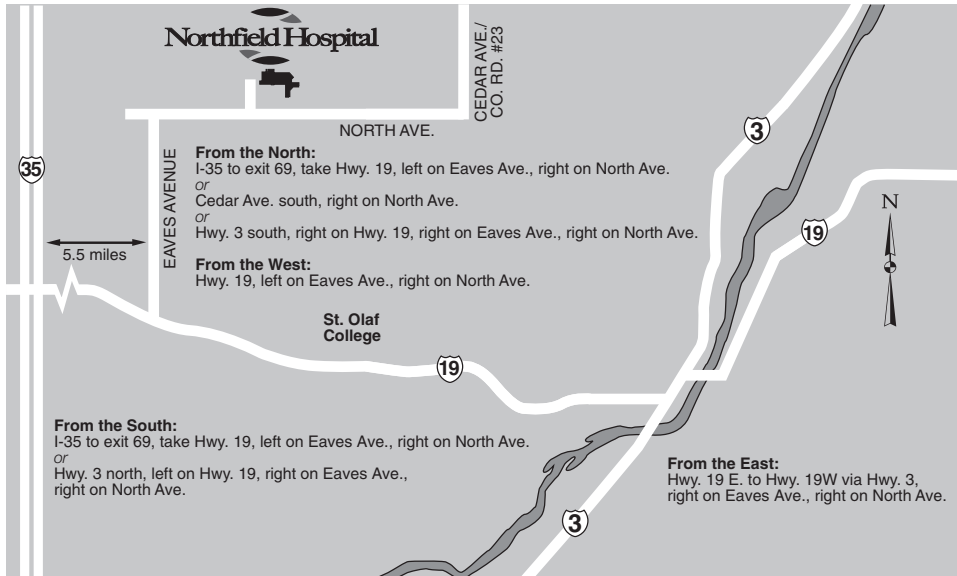
Finding us:

If you are coming from Lakeville or Farmington on Cedar Avenue:

Follow Cedar into Northfield. Shortly after passing the city limits sign, turn right (west) on to North Avenue and follow North to the hospital entrance. Park in the north lot near the Emergency Department entrance.

If you are coming from Farmington on Highway 3:

Follow Highway 3 into Northfield to the intersection with Highway 19. Go right (west) past the St. Olaf College entrance. Travel to Eaves Avenue. Turn right (north) and proceed to the stop sign where Eaves meets North Avenue. Turn right (east) on to North Avenue, and proceed a quarter mile to the hospital entrance. Park in the north lot near the Emergency Department entrance.



Northfield Hospital

507-646-1201

what to expect



When you arrive at Northfield Hospital, please park on the north side, near the Emergency Entrance. Enter through the Emergency Entrance. The Registration Desk will be on your right, as you enter. Give your name to the Admissions Representative and tell him or her that you are there for a cardiac stress test. Please bring with you a list of the medications you are using and your insurance card.

Once you are registered, you will be prepped for the test. Electrodes will be attached to your chest to record an electrocardiogram (EKG), a test that records the pattern of your heartbeat.

You will be asked to walk on the treadmill. The physician will be overseeing the procedure, observing heart rate and EKG changes. When you reach your target heart range, the treadmill test will be complete.

At the conclusion of your test, your scans will be read by the physician. The report will be sent to your referring physician. Please arrange a follow-up appointment with our physician to discuss test results.

Preparing for the Stress Test:

24 Hours Before the Test – Do NOT drink caffeinated beverages or EAT anything at all containing caffeine for 24 hours PRIOR to the exam. Read labels carefully. Caffeine is hidden in many things. For example, chocolate, Excedrin, Anacin all contain enough caffeine to cancel your test. Even decaffeinated coffee and beverages have some caffeine. No Coke, Diet Coke, tea, iced tea, coffee, etc.

Do not eat or drink anything for at least 4 hours before the testing.

Take any medicine you normally take EXCEPT for:

BETA BLOCKERS (unless specifically instructed otherwise by your physician.) If you are unsure if you are on a Beta Blocker, please ask. If you have diabetes, you will receive special instructions about your medication.

Do not smoke 4 hours before the exam.

Please tell our technician if you are pregnant.

What to wear:

1. Wear lightweight, comfortable clothing (two piece – pants and top. Avoid sweatshirts.)
2. Wear comfortable shoes suitable for walking. No clogs, sandals or boots.
3. Women should not wear pantyhose or undergarments that are of one-piece design.
4. No metal above the chest. For instance, no bib overalls or necklaces.

If you have any questions related to this information, please feel free to call the number below during regular business hours or, at other times, leave a message, and your call will be returned as soon as possible. Please give 24-hour notice if you must cancel an appointment. Hours are Monday and Wednesday from 8 a.m. until 4:30 p.m.

Outpatient Clinic Scheduling: 507-646-1201