

# MORRIS

Cardiovascular and Risk Reduction Center  
Exercise Stress Test (ETT)

An Exercise Stress Test (ETT) is a test that is performed by one's healthcare provider typically when there is reason to believe you have heart disease. The most common heart disease is caused by narrowing of the coronary arteries. The coronary arteries are the blood vessels that supply blood, oxygen and nutrients to the heart. The arteries can become narrowed when substances such as cholesterol build up inside the artery. ETT is one of the safest and most widely used tests for heart disease in the United States. It is a quick way to check your heart's arteries for narrowing or blockage, and additionally tells your physician at what heart rate you may start to experience a diminished oxygen flow. This information helps your healthcare provider to assess the condition of your heart, your risk for a heart attack, whether monitored or unmonitored exercise is recommended for you, as well as to help decide whether you need additional testing.

During this test you will be asked to walk on a treadmill while a medical professional or your physician monitors your condition and the activity of your heart. If appropriate, the incline of the treadmill will increase as you perform the test to evaluate how your heart handles additional work while in a controlled and safe setting. The electrical activity of your heart, your pulse and your blood pressures are monitored during your exam. Your physician oversees this exam.

## **PLEASE FOLLOW THESE GUIDELINES FOR THE DAY OF YOUR EXAM:**

1. If you are unable to make your scheduled appointment, please call the office at least 24 hours prior to the day of your test
2. Please ARRIVE 15 minutes before scheduled time. Bring your insurance card and a picture ID to the front desk upon check in
3. Do not eat or drink anything, including water for 4 hours prior to the test. Make sure you eat and drink fluids prior to this time to keep your blood sugar level stable.
4. Wear comfortable walking shoes and two-piece clothing (without metal snaps)
5. Do not wear jewelry
6. Bring all medications or a list of medications for review
7. Friends/family are welcome to accompany you to the office but are not allowed in the testing area due to our privacy policy
8. Allow approximately 1 hour for the test
9. Test results will be communicated to you by your ordering physician