



MAYFAIR DIAGNOSTICS

EXERCISE STRESS TEST (EST)

Exercise stress testing is a non-invasive way to detect and assess for coronary artery disease, heart arrhythmias, and exercise-induced symptoms (chest pain or shortness of breath).

Clinical indications for EST:

- Diagnosis of coronary artery disease
- Evaluation of cardiac function
- Investigation of patient with multiple risk factors
- Symptoms including chest pain, dizziness, or shortness of breath
- Pre-op assessment
- License qualification, third-party medical, occupational evaluations
- Starting new exercise program

Procedure Overview:

- Patients complete paperwork specifying medical history and providing consent
- Patients are prepped with ECG electrodes
- Consultation with internal medicine physicians
- Exercise Stress test follows the Bruce protocol
- Patient's ECG, heart rate and blood pressure are continuously monitored

- Test is completed when patients reach their target heart rate, experience symptoms or stopped for safety reasons
- Internal medicine physician reviews patient's results and report is sent out the same day
- If the exercise stress is abnormal or patients develop significant symptoms, patients will be advised to come back for a Myocardial Perfusion Imaging study for further evaluation.

Patient Preparation

- Fasting 4 hours prior to injections
- Avoid caffeine for 24 hours prior to stress test
- Withhold beta-blockers and calcium channel blockers 48 hours prior to stress test
- Patients are advised of these prep instructions at the time of booking their exam.

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