

## 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 are 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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