

Macatawa Family Medicine, P.C.

Stress Test Information Sheet

Location: _____

Test Date: _____ Test Time: _____

The type of stress test your doctor has ordered (along with the instructions) is checked below. If no other tests are scheduled that morning you may eat a “light breakfast” three hours before the test. All caffeine should be avoided twelve (12) hours before any of these tests, otherwise, we may not be able to perform the test. This includes teas, coffee, decaffeinated coffee, cocoa, pop, chocolate, etc. If you are on medications please check with the doctor to which medications you should take on the morning of your test. If you have any questions please call our office at (616) 393-8100.

GXT (GRADED EXERCISE TEST)

The stress test is performed on a treadmill. You should wear comfortable loose fitting clothing and walking shoes. The GXT will take approximately one (1) hour. Avoid all Caffeine.

MYOCARDIAL PERFUSION IMAGING STRESS TEST

There are two parts to this test, the resting and the stress part. An IV will be started. The tracer for the resting part will be injected and imaging will start 20 to 60 minutes later. Following the resting scan, you will be prepared for the stress portion of the test. The stress test will be performed on a treadmill or an exercise bike. Your doctor or one of his associates will be present during this part of the test. The tracer for the stress part of the test will be injected about one to two minutes before exercising is complete. Imaging for the stress part will begin 20 to 60 minutes after the tracer is injected. The entire test will take approximately 3 hours. Wear comfortable, loose fitting clothing and walking shoes. Avoid all caffeine.

MYOCARDIAL PERFUSION IMAGING STRESS TEST WITH PERSANTINE

There are two parts to this test, the resting and the stress part. An IV will be started. The tracer for the resting part will be injected and imaging will start 20 to 60 minutes later. Following the resting scan, you will be prepared for the stress portion of the test. Your doctor or one of his associates will inject the Persantine over a four minute period and the tracer for the stress part of the test will be injected. The entire test will take approximately 3 hours. Wear comfortable, loose clothing. You must avoid all caffeine, certain inhalers, and some medications. Be sure your doctor has told you which medications you may take on the day of your procedure.

Due to the nature of these tests, unavoidable delays may occur. Please allow additional time following your test when planning the rest of your day. If you have any questions or should you feel the need to cancel the test please call 24 hours before test is scheduled, (616) 393-8100.