

Cardiopulmonary Exercise Physiology Laboratory  
NewYork-Presbyterian Morgan Stanley Children's Hospital  
Exercise Stress Test

Dear \_\_\_\_\_,

You or your child are scheduled for a Stress Test on \_\_\_\_\_ at \_\_\_\_\_ AM/PM.

**Location:**

NewYork-Presbyterian Morgan Stanley Children's Hospital  
Pediatric Cardiopulmonary Exercise Lab  
Pediatric Pulmonary Division  
3959 Broadway at 165th Street, 7<sup>th</sup> Floor Central, Room 711 & 712  
New York, NY

**What is it?**

A stress test measures how well your heart works while you exercise. It helps your doctor understand how much exercise your heart can handle and measures your heart rhythm and rate and blood pressure response during exercise. This test may be ordered for people with shortness of breath, chest discomfort, lack of energy, known arrhythmias, known structural heart disease, or before or after an operation.

**Why is it done?**

The test is done to find out how well your heart pumps blood and oxygen to your muscles, how well your current medicines are working, and to set a safe level of exercise for you.

**What do I need to do to prepare?**

- Your doctor may want you to stop certain medications before the test. **Please check with your doctor about this.**
- Do not eat or drink anything that has caffeine (tea, coffee, chocolate, soda) or alcohol for at least 12 hours (24 hours if possible) before your test.
- Do not exercise for 24 hours before your test.

**On the day of the test:**

**Do not eat, drink or smoke two hours before your test.** You may have water. Take your usual medicines unless told otherwise by your doctor. Bring a list of your medicines with you. If you use inhalers, bring the inhalers with you.

Wear comfortable, loose-fitting clothes (T-shirt, shorts, sweats) and **sneakers**. **The foot should be completely surrounded; backless shoes should not be worn.** Do not wear

lipstick, nail polish, perfume, or cologne. Remove all lower ear (ear lobe) earrings, tongue rings, and nose rings. Jewelry should be kept to a minimum

**You must bring a signed authorization form (a prescription, pre-certification form, etc.) from your doctor and authorization from your health insurance plan *if it is required by your plan*. Bring your health insurance cards and the completed Medical History Questionnaire with you.**

### **Do I need to check in anywhere before the test?**

**Yes.** Before arriving at our offices you **MUST** first stop at the Admitting Cashier, which is located on the ground floor of Morgan Stanley Children's Hospital. The attached requisition form must be given to the cashier and an insurance confirmation number will be written on the requisition at that time. **We will not see patients who do not have insurance confirmations on their requisitions.**

*In order to avoid a delay, please arrive one half hour earlier than the scheduled time of your test in order to allow for time at the Admitting Cashiers Office.* We cannot guarantee that you will be seen if you are late to your scheduled appointment in the exercise lab.

### **What happens before the test begins?**

To make sure you are able to have the test, our staff physician will examine you, and you will be asked questions about your past and present health. The test will be explained to you, and your questions will be answered. We will tell you about the equipment and show you how to use it.

### **How is the test done?**

Small adhesive pads called electrodes are placed on your chest and attached to an electrocardiogram (ECG) machine. A blood pressure cuff is placed on your arm so that pressures can be monitored during the test.

You will walk, and eventually jog, on a treadmill as the speed and the incline are gradually increased to make it harder.

While you exercise, your heart rate and rhythm and blood pressure are recorded, and you are constantly monitored during the test.

We closely watch you for any complications. Emergency equipment and trained staff are on hand to care for you if complications occur. If you have chest discomfort, headache, nausea, anxiety, dizziness, heart palpitations, shortness of breath, or tired legs, please tell us.

There are no needles or blood tests.

### **What else do I need to know?**

Total test time takes about one hour from start to finish. You will exercise anywhere from 12-15 minutes. When the exercise portion is finished, your blood pressure and ECG will be monitored while you rest for 10 minutes.

Test results are read within one week of the test date. Any serious matter will be reported to your doctor immediately. You may receive the results at your next visit, or sooner if necessary. You may have sore, stiff muscles for one or two days after the test.

### **What should I report to the doctor?**

#### **Call your doctor or go to the emergency room if you have:**

- **Chest pain/discomfort**
- **Palpitations**
- **Increased shortness of breath**
- **Dizziness, nausea, vomiting**

If you have any questions, please call your doctor or call us at 212-305-5122.

*This resource provides brief, general information about this healthcare topic. It does not take the place of specific instructions you receive from your healthcare provider. For answers to other questions, please consult your physician or other healthcare provider.*