Please check in at the Registration Desk, which is located in Outpatient Cardiology on the second floor of the Center for Advanced Medicine.

If you have questions about the test or if you need to reschedule your appointment, please contact St. Mary’s Outpatient Scheduling at 812.485.6020, option 1.

If you need to reschedule, please call 24 hours in advance of your appointment or a fee may be incurred.

If you feel you may qualify for financial assistance, please call 800.572.1619 or 812.485.4939, option 3.

Center for Advanced Medicine
901 St. Mary’s Drive, Suite 200
Evansville, Indiana
A stress test is used to gather information about how well your heart works during physical activity. Because exercise makes your heart pump harder and faster than it does during most daily activities, an exercise stress test can reveal problems within your heart that may not be noticeable otherwise. Your physician might order an exercise stress test if he or she suspects you may have coronary artery disease or an irregular heartbeat. An exercise stress test may also be used to guide your treatment if you’ve already been diagnosed with a heart condition.

Please arrive 30 minutes prior to your scheduled appointment time for registration and test preparations.

Prior to your test, a St. Mary’s representative will contact you to collect demographic and insurance information. If you do not receive a phone call within 24 hours prior to your appointment, please call 812.485.4926 or 888.908.4926, option 1.

How to Prepare for Your Test:
Do not drink or eat products with caffeine, decaffeinated products (including decaffeinated coffee or tea) or chocolate within 24 hours of your appointment. You may have water, milk or juice with a light breakfast on the morning of your test.

You may take inhalers as directed by your doctor. Please take all regular medications as directed by your doctor EXCEPT:

- Beta Blockers and Calcium Channel Blockers: Do not take at least 24 hours prior to Exercise Stress or Dobutamine Stress test.

- Common Beta Blockers:

- Calcium Channel Blockers:
  Cardizem, Norvasc, Tiazac, Plendil, Dynacirc, Adalat, Procardia, Cardene, Nifedipine, Sular, Covera, Verelan, Afeditab, Dilta, Diltiazem, Nimodipine, Verapamil, Nifedipine, Isradipine, Delodipine, Amlodipine, Nicardipine and Bepridil

- Eye drops:
  AK Beta, Betagan, Betimol, Betoptic, Betaxolol, Carteolol, Levobunolol, Metipranolol, Nadolol, Bendroflunetazide, Ocupress, Optipranolol, Timolol, Timoptic

- TheoDur or any Theophylline-like medication: Do not take at least 24 hours prior to the test.

- Persantine (Dipyridamole) may increase the activity of Lexiscan. When possible, withhold Persantine (Dipyridamole) for at least 2 days prior to Lexiscan administration.

- Long acting Persantine (Aggrenox): Do not take at least three days prior to the test.

- If you are unsure if you should take medication, please contact St. Mary’s Outpatient Scheduling at 812.485.6020, option 1.

Please bring the medications with you to take upon completion of the test.

Please bring a list of all current medications with you.

Do not apply lotions or creams to your chest area on the day of the test. You may use deodorant prior to the test.

Please wear loose, comfortable clothing and walking shoes. Please do not wear flip-flops, sandals or clogs.

What to expect during the test:
Small electrodes will be placed on your chest which will be connected to a heart monitor. Blood pressure will be taken at rest. You will begin walking on a treadmill at a low rate of speed. The speed and elevation of the treadmill will increase during the test. You will be instructed to continue walking on the treadmill until a specific heart rate is achieved or you cannot continue. The test may be stopped at any time you request, but you should try to go as long as possible for an adequate test. During this time, your heart rhythm, heart rate and blood pressure will be monitored.

If you are unable to exercise on the treadmill, you will receive a medication in order to complete the test.

Please allow approximately one hour for the test.

If a nuclear test is required, you will be injected with a radioactive material that contains no medication and nuclear scans will be performed. If nuclear scans are performed, please allow three hours for testing.

What to expect after the test:
You may resume normal activities for the rest of the day.

Test results will be provided to the ordering physician within five business days.