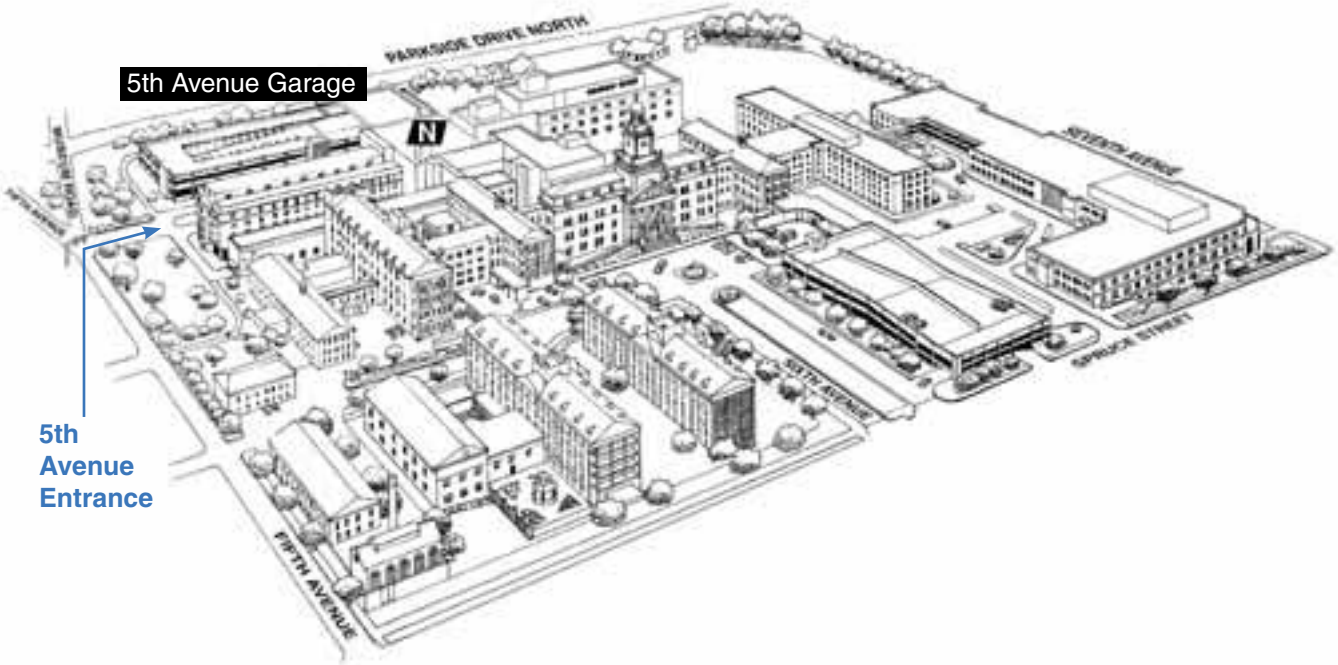


Directions

The Reading Hospital Regional Heart Center is located on the first floor of N-Building at our West Reading campus. You access N-Building from 5th Avenue at the traffic light; this driveway is marked with a large green sign that indicates parking for the 5th Avenue Garage, as well as the entrances for N-Building and R-Building.

Parking & Entrance

- You will be given a Regional Heart Center parking tag in advance of your appointment. Please hang this tag from your rearview mirror.
- Use the 5th Avenue entrance to our West Reading campus.
- For FREE valet parking, patient drop-off, or assistance, follow the driveway straight back and beneath the building to the valet station. The station will be marked in blue; our valets wear blue shirts.
- If you prefer to park your own car:
  - make the 1st left turn into the 5th Avenue Garage.
  - proceed up one level.
  - use reserved parking spaces marked with red Regional Heart Center symbols that match the symbol on your parking tag.
  - enter through the double glass doors on the left to the Regional Heart Center.
  - follow the hallway straight ahead and turn right at the brick wall.
  - take the next left turn into the registration area for the Regional Heart Center.

The Reading Hospital
Regional Heart Center
PO Box 16052
Reading, PA 19612-6052

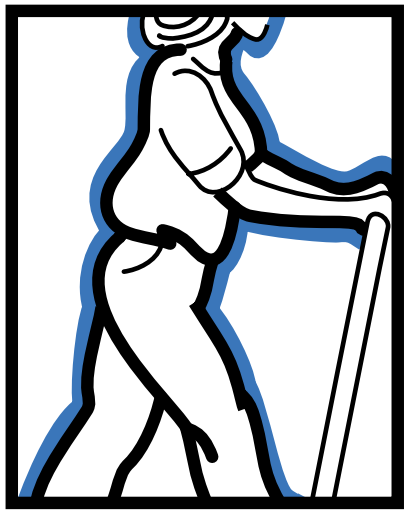
Located at: Sixth Avenue and Spruce Street,
West Reading, Pennsylvania

Visit our website
www.readinghospital.org

4-4183 Revised 2.06

You are
scheduled for an

EKG and an Exercise Test



date: _____

time: _____

report to: Regional Heart Center
N-Building, 1st Floor

The Reading Hospital
Regional Heart Center

Your physician has scheduled you for an EKG and an exercise test. This brochure explains the procedure so you know what to expect.

ABOUT EXERCISE TESTS

An exercise test, also called a stress test, allows your physician to study your heart's ability to receive and use oxygen during physical activity.

Monitoring your heart rhythm and blood pressure while you exercise provides information to help determine if you have a heart problem. This test is part of a total evaluation of your heart function.

Several methods of exercise may be used. The most common is having you walk on a moving belt, called a treadmill.

PREPARATION

On the day of your test, please follow these instructions:

- Do not eat for one hour before your test, unless your physician tells you otherwise.
- You may drink liquids as long as they do not contain caffeine.
- Take all scheduled medications.
- PLEASE BRING A LIST OF YOUR MEDICATIONS WITH YOU.
- IF YOU ARE DIABETIC AND REQUIRE INSULIN, PLEASE CONSULT WITH YOUR PERSONAL PHYSICIAN ABOUT MEALS AND INSULIN REGULATION.
- Wear comfortable clothing; slacks, sweatpants, or shorts are preferred. Ladies should wear comfortable undergarments; a long-line bra is not recommended.
- Wear comfortable shoes or sneakers.
- The entire test and preparation will take about one hour. It is helpful for you to arrive a few minutes earlier than your scheduled time to allow for check in.

REGISTRATION

When you arrive at the Regional Heart Center, please check in at the registration desk. You will verify personal and health benefits data, and then will be asked for your list of current medications.

You will also be given a consent form to read and sign.

A note to inpatients: while you are hospitalized, your nurse will guide you through all preparations, and will arrange for your transportation to and from the Regional Heart Center.

PROCEDURE

You will be escorted to a changing area, and asked to put on an examination gown over your shorts or slacks. Then you will be taken to an area for an EKG — electrocardiogram — unless you have had this test done recently.

Now it is time for the exercise test. Our technician will apply gel pads to your chest so that we can continuously monitor your heart rate and rhythm. A blood pressure cuff will be placed on your arm as well. This information tells the physician how well your heart responds to different physical demands as you exercise.

We will help you onto the treadmill, and ask you to walk at a normal pace. As the test progresses, the treadmill increases in speed and incline at regular intervals. Adjusting to these changes increases your heart's activity.

A physician will be present during the entire test. If you experience unusual symptoms — chest or arm pain, lightheadedness, or shortness of breath — tell us immediately.

When you are finished on the treadmill, your heart rate and blood pressure will be monitored for another five minutes.

FOLLOW-UP

The results of your exercise test will be sent to your personal physician, who will discuss the findings with you at your next appointment.

If you have any questions, or need to cancel your appointment, please call 610-988-8052.