

• **Graded Exercise Stress Test (GXT)**

The Graded stress test includes an exercise portion, which lasts approximately 3-15 minutes.

This test is concluded following the exercise portion.

Preparing for this procedure

- Wear comfortable walking shoes, slacks or shorts.
- No solid food, milk products, chocolate, coffee, tea or pop after midnight prior to your test (you may have sips of water or juice).
- If you are diabetic, you may have a cup of Jell-O prior to your test.
- No heavy exercise prior to your test.
- No smoking 12 hours prior to your test.
- Withhold all medications except as directed by your doctor.

Questions?

If you have any questions, call your physician.