Ischemic Exercise Test

Your test is on (date) _____________ at (time) ____________

What is an ischemic exercise test?

This test is given to patients with symptoms of extreme fatigue, muscle weakness and pain during exercise or other hard physical activity. It finds changes in blood chemicals and helps diagnose problems in the nerves, muscles or metabolism.

How is the test done?

- You will have an IV in your arm for taking blood samples.
- While you exercise one hand, a blood pressure cuff is inflated tightly around your arm. This will cause tingling in your hand.
- You will squeeze a dynamometer (grip gauge) for one minute. This will measure your effort.
- We will take blood samples.
- After that, we will remove the IV and apply a dressing.
- The test takes about 90 minutes.

How do I prepare?

Eat a light breakfast, wear a shirt with short sleeves and take the medicines prescribed by your doctor.

How do I get the results?

In about two weeks, a report will be sent to the doctor who ordered the test. You will need to call your doctor.

If you are deaf or hard of hearing, please let us know. We provide many free services including sign language interpreters, oral interpreters, telephone amplifiers, note takers and written materials.