

Treadmill Stress Test Instructions

Below is information to prepare you for your treadmill stress test. Talk to your doctor if you have questions or concerns.

What is a treadmill stress test?

A treadmill stress test checks how well your heart works with exercise and can see the electrical signals that cause your heart to beat. This test can also find potential blockages or electrical abnormalities.

How is the test done?

1. A 12-lead ECG is placed on your body. Your blood pressure will also be taken.
2. You will walk on the treadmill for as long as you can.
 - Every 3 minutes will be more of a challenge.
3. Once you say you cannot go any longer on the treadmill, you will walk slowly to recover for a couple of minutes and then lie down on a bed.
4. Once your heart is back to baseline, you can go home.
5. You will be at the hospital for about 30 to 45 minutes the day of your test.

How do I get ready for the test?

Do	Do Not
<ul style="list-style-type: none"> ✓ Arrive 15 minutes before your appointment time. ✓ Follow all instructions you got about what medicine you should stop taking or change the dose for. ✓ Wear comfortable clothes and shoes to walk in on the treadmill. 	<ul style="list-style-type: none"> ✗ Do not eat or drink anything for 4 hours before the test except for water as needed. ✗ Do not use lotion or oil on your chest or stomach.

If you have diabetes:

You will get specific instructions from the nurse that calls you before your procedure.

- Check with the doctor that prescribes your diabetes medicine to make sure it is okay to change how you take it for this test.
- If needed for blood sugar control, you can have a piece of toast and cup of juice 2 hours before the test.

How safe is a treadmill stress test?

The treadmill stress test is a low-risk test. A nurse, exercise physiologist, and/or cardiac diagnostic technician will all be with you during the test. Doctors are close by if needed right away for help, questions, or concerns.

Are there any medicines used during this test?

No, there are no medicines used for this test.

What if I need to cancel or reschedule?

- Try to cancel at least 24 hours before your appointment if possible.
- If you are more than 15 minutes late you will have to reschedule.