



## EXERCISE TREADMILL TEST

### **Purpose:**

An exercise treadmill test helps physicians find out how well your heart handles work and to detect possible heart disease.

### **Pre-test Preparations:**

1. Please wear comfortable clothes and good walking shoes for exercise on the treadmill.
2. **Do not** eat or drink anything 4 hours prior to the test.
3. **Do not** take any medications before the test unless otherwise instructed by your physician. You will need to bring a list of all all medications with you the day of the test. If you have any questions regarding your medications prior to the test, please contact your healthcare provider.
4. **Do not** wear lotion, perfume or cologne.

### **Description of the Procedure:**

One of our trained nurses, under the direction of a cardiologist, will perform your exercise treadmill test. Your nurse will place electrodes on your chest and a blood pressure cuff will be placed on your arm. After a resting electrocardiogram is recorded, you will exercise on the treadmill until you reach a target heart rate for your age, become too tired to continue or experience significant symptoms. The speed and elevation of the treadmill will be increased at three (3) minute intervals. When you are finished exercising, you will rest for about five (5) minutes and a nurse will monitor your EKG and blood pressure levels. This test takes approximately 30 minutes.

### **Your Results:**

Your results will be reviewed by a cardiologist on the day of your test and your nurse will go over the results with you before you leave.

Your test date is: \_\_\_\_\_

Your test time is: \_\_\_\_\_

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