



Treadmill Stress Test

Preparation Needed:

Please read all instructions carefully and follow them exactly as outlined below. Failure to do so may result in the cancellation of your test.

Please refrain from using lotions and other oily substances that can interfere with contacts.

1. Your scheduled test will take place at our office. Please arrange to stay at least 1 hour.
2. Do not eat or drink anything for two (2) hours prior to your test. You may have small sips of water if necessary.
3. If you are taking a beta-blocker medication (Iopressor, metoprolol, Toprol, Inderal, propranolol, atenolol, Tenormin, Sectral, Zebeta, Coreg, Normodyne, etc.), **you may be asked to stop** taking this medication 24 hours prior to your test.
4. Please wear comfortable clothing and rubber-soled shoes, preferably tennis shoes.

Brief Description of Test:

A treadmill stress test is used to determine if there are any areas of significant blockage in the coronary arteries. It records the heart's electrical activity during exercise. During this test, you will be asked to walk on a motorized treadmill to raise your heart rate. While performing this test a physician/nurse practitioner will monitor your pulse, blood pressure, and electrocardiogram.

Why Am I Taking This Test?

Typically, your doctor requests this test in order to more accurately determine if there is reason to believe that significant blockage in the coronary arteries.

Please call our office with additional questions.