



TREADMILL STRESS TEST

Your physician has ordered a stress test to help determine if there are problems with your heart.

WHAT WILL HAPPEN DURING THE TEST?

You will have electrodes placed on your chest and a blood pressure cuff will be put on your arm. You will start out walking slowly on a treadmill. The Treadmill will increase in speed and elevation every three minutes. When you are fatigued or experience any discomfort, the treadmill will be stopped. Your electrocardiogram (ECG) and blood pressure will be monitored throughout the entire test.

This test takes approximately one hour. A cardiologist will interpret your test. Your physician's office will call you within a few days with your test results.

HOW SHOULD YOU PREPARE?

1. We ask that you do not eat any solid food for 3 hours before the test.
2. Wear comfortable clothing and comfortable shoes. Since you will have electrodes on your chest, one-piece outfits such as overalls or dresses are not recommended.
3. The following medications may be stopped before your stress test:

- **Beta-blockers** (Inderal, Toprol, Lopressor or metoprolol, Tenormin or atenolol, Coreg or carvedilol, Visken or Corgard, Zebeta, Ziac, or bisoprolol, etc.).

These medications are generally stopped for 24-48 hours before your test.

- **Calcium-channel blockers** (Cardizem or diltiazem, Calan or verapamil, etc.). These medications are generally stopped for 24-48 hours before your test.

Please contact your doctor before stopping any of these medications and follow his or her instructions.

4. **Diabetic Patients.** If you take insulin to control your blood sugar, discuss this with your doctor and find out how much insulin you should take the day of the test.

If you have any other questions about the test, please feel free to call us at **388-4333**.