



Treadmill Stress Test

A regular cardiac exercise stress test is a non-invasive test. This test measures electrical (EKG/ECG) changes to your heart during exercise. This test takes 45 minutes. The results of this test help your doctor diagnose coronary artery disease (CAD).

The first step is the placement of EKG electrodes your chest, so many find it **helpful to wear a loose fitting top**. A baseline EKG will be taken while you are still. You will then be asked to begin walking, and the EKG will continue to be monitored. Depending on your heart rate, the pace and/or incline of the treadmill will increase to help you reach your optimum heart rate. Once peak is reached, you will slowly come to a complete stop, and the test is concluded. At no time will you be asked to do more than you are capable of, and the entire test is performed under the supervision of a nurse. You should hear from our office with your test results within a week to ten days.

Please DO NOT wear any ONE PIECE clothing (NO dresses, suspenders or overalls.)

PLEASE FOLLOW THESE INSTRUCTIONS CAREFULLY TO AVOID ANY DELAY IN YOUR TEST:

1. Wear comfortable clothing and athletic shoes as you will be walking and/or running on the treadmill.
2. Take all of your prescribed medications the day of the test as usual **with the following exceptions**, but bring them with you to the test:

24 hours prior (Unless otherwise instructed by your physician):

NO ATENOLOL (TENORMIN)
NO BISOPROLOL (BYSTOLIC)
NO CARVEDILOL (COREG)
NO LABETOLOL (TRANDATE)
NO METOPROLOL (LOPRESSOR, TOPROL, TOPROL XL)
NO PROPANOLOL (INDERAL)
NO SOTALOL (BETAPACE)
NO ISOSORBIDE (IMDUR)
NO FIORICET OR OTHER MIGRAINE MEDICATION
NO VIAGRA OR OTHER ED MEDICAITON

You will receive a call from the Stress team the day before your scheduled test as a reminder of your appointment time, to discuss instructions again, and to answer any questions. If you have any concerns, please call the office as soon as possible, and if you need to cancel or reschedule your test, it must be done at least 24 hours in advance to avoid a missed appointment fee.

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