

EXERCISE TREADMILL STRESS TEST

Patient: _____ D.O.B. _____

Appointment Date: _____ Time: _____

Your Primary Care Physician has ordered an exercise stress test. This test is performed to help diagnose heart disease, monitor blood pressure response to exercise and determine your exercise tolerance.

General information:

- You will be asked to sign a consent form giving permission for the test.
- The skin on your chest where the electrodes will be placed will first be prepared with an abrasive pad. Males patients: your chest will be need to be partially shaved. This is done to ensure the electrodes make good contact so that your heart's rhythm can be accurately monitored.
- You will be placed on the treadmill and asked to walk. The physician will watch the monitor for any changes that may indicate heart disease or rhythm problems.
- Your blood pressure will be checked frequently during the test.
- The test will take approximately 30-45 minutes.
- The physician will discuss the results once the test is completed.

Guidelines for the treadmill stress test

- Do not eat or drink or have caffeine products two(2) hours prior to the test.
This reduces the likelihood of nausea that may accompany strenuous exercise after a heavy meal.
- If you are a diabetic and taking insulin you will need to consult with your primary physician.
- Hold the following medications for 24 hours prior to the test: Atenolol (Tenormin), Inderal (Propranolol HCL), Ziac (Bisoprolol-HCTZ), Lopressor (Metoprolol), Cardizem (Diltiazem HCL), Toprol XL, Corgard (Nadolol), Tenoretic, Verapamil HCL, Lanozin (Digoxin).
- Do not apply lotions, oils or powders to the chest area.
- Wear comfortable clothing and shoes that are suitable for exercise. No nylon or polyester clothing.
Men: Shave the chest area thoroughly. Wear walking shorts or light pants.
Women: Wear walking shorts or slacks and short-sleeved button down the front blouse.

Arrive **15 minutes** earlier than your appointment time.