



# Preparing for a Treadmill Stress Test

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**GUNDERSEN**  
**BOSCobel AREA**  
**HOSPITAL AND CLINICS**

# IMPORTANT



## **Your Doctor Ordered:**

\_\_\_\_\_ Treadmill (Regular) Stress Test

Date: \_\_\_\_\_

Time: \_\_\_\_\_

**This Stress Test is scheduled to last approximately 1 hour.**

***\*\* Please read these instructions completely and call us if you have any questions or concerns prior to your test.***

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# ***What is a Treadmill (Regular) Stress Test?***

A Treadmill Stress Test shows how your heart functions under stress.

## **The Stress Test will...**

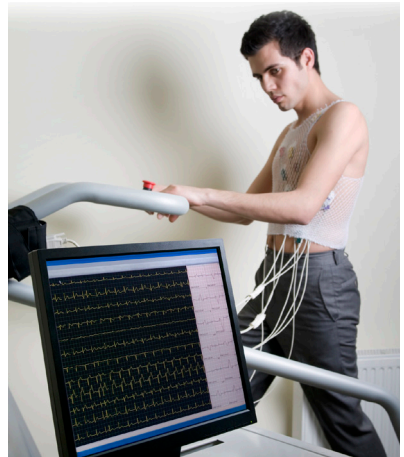
- Evaluate the blood supply to your heart and changes from rest to exercise.
- Explain what happens when your heart is stressed during exercise so your provider can establish your plan of care.
- Allow your provider to advise you of safe limits for exercise.
- Establish whether more tests are necessary.

The goal is to increase your workload at specific time intervals in order to reach your perceived maximum heart rate, as well as to monitor for any symptoms. The supervising physician and the staff conducting the test will be assessing you and your heart throughout the study.



# ***What happens during the test?***

1. You will be prepped for the Stress Test by placing several small pads (electrodes) on your chest and connected with Electrocardiograph (ECG) wires to monitor your heart rhythm throughout your Stress Test.
2. You will walk on a treadmill. Your blood pressure, heart rhythm, heart rate and oxygen levels will be closely monitored throughout.
3. You will walk slowly at first and increase your speed to the highest level you can tolerate. The heart care team will assist you in making this determination.
4. Once the treadmill portion of the test is completed, you will sit and rest while your heart care team observes you and your vitals.



# How do I prepare for the test?

**NOTE:** When you arrive for your scheduled stress test, please enter through the Emergency Room entrance and report to the main registration desk to check in.

- **Bring with you:**

- This booklet;
- A current list of your medications; and
- A light snack (i.e. cereal bar, yogurt, juice, etc.).

- **For the 4 hours before your test, DO NOT EAT ANYTHING and DRINK ONLY WATER.**

- If you have diabetes or are unable to fast for other medical reasons, please consult your doctor before the test for instructions.

- **For the 2 hours before the test:**

- Stop drinking all liquids; and
- Avoid all tobacco use.

- **Take your medications as directed by your doctor ordering the test.**

- **Wear comfortable clothes and walking shoes.**

## What happens after the test?

You will be encouraged to make a follow-up appointment with your provider to discuss the results of your stress test, which are normally available a week after the test.



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