



Exercise Treadmill Test Preparation

An exercise treadmill test is performed to help diagnose heart disease, monitor blood pressure response to exercise and determine your exercise tolerance.

- 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 abrasive lotion. Male patients: your chest will be partially shaved. This is done to ensure the electrodes make good contact, so we can accurately monitor your heart's rhythm.
- You will then walk on the treadmill. 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 minutes.

If you're scheduled for an Exercise Treadmill Test, follow these guidelines:

Diet

- Nothing to eat two hours prior to the procedure.
- No caffeine products morning of the procedure.
- If you are diabetic and taking insulin, please consult your primary physician.

Medication

- Take prescribed medications unless directed not to do so by your physician. Bring a list of medications with you.
- If your are on a Beta Blocker (Propranolol/Indural, Tenormin/Atenolol, Lopressor/Metoprolal, Toprol) your physician may advise you not to take this medication the day prior to your test. If you are unsure of the directions given to you, please call your physician.

Clothing

- Wear shorts, comfortable slacks or sweatpants.
- Please do not wear pantyhose.
- Wear tennis shoes or comfortable walking shoes.

Smoking

No smoking the morning of the procedure.

Questions about your Exercise Treadmill Test? Call 320-632-2301.