



Treadmill Stress Test

To Schedule: (319) 861-7778

Questions about procedure: (319) 221-8500

What is a Treadmill Stress Test?

A treadmill stress test is an exercise test that is helpful in detecting the presence of coronary artery disease. Coronary artery disease occurs when the heart's vessels become partially blocked or narrowed by the build-up of fatty materials preventing the heart from receiving the blood it needs to function properly.

Why should I have a Treadmill Stress Test?

The test allows the doctor to compare the amount of blood flowing through the heart muscle during stress and at rest. The test results help the doctor plan your treatment and any other tests that are needed.

Preparation:

Please review with your doctor or your doctor's nurse.

- You may have a light meal then nothing to eat or drink for 2 hours before the test.
- Don't have any caffeine 24 hours before the test. This includes coffee, regular **and** decaffeinated, tea, chocolate, **all** cola drinks, soft drinks containing caffeine and over-the-counter pain relievers containing caffeine (Anacin, Excedrin).
- Wear comfortable clothing and shoes.
- You will need to stop taking Beta-Blocker medications 24 hours before the test. Check with your doctor to see if you are taking any of these medications.
- Bring a list of your current medication to the procedure.
- Please bring photo ID.

Procedure:

After you arrive for your test several small pads (electrodes) will be placed on your chest to record your heartbeat. Your blood pressure is also monitored. Next you will meet and talk with the doctor who will interpret your test. You then begin walking at a slow rate and slight incline on the treadmill. Every three minutes the treadmill will go a little faster and the incline will increase. The time on the treadmill is different for everyone depending on his or her age and ability to exercise. After the doctor has told you to stop you will rest until your heart rate and blood pressure return to pre-exercise levels. The physician will talk with you about the results and will send the results to your physician.

Plan to allow 1 hour from arrival to the time you can leave.

Outpatient Registration:

Please park in the Mercy Parking ramp located at 8th Avenue and 8th Street SE. Enter the hospital at the South entrance on ground floor. Proceed to the Non-Invasive Cardiology department.

Your appointment date and time: