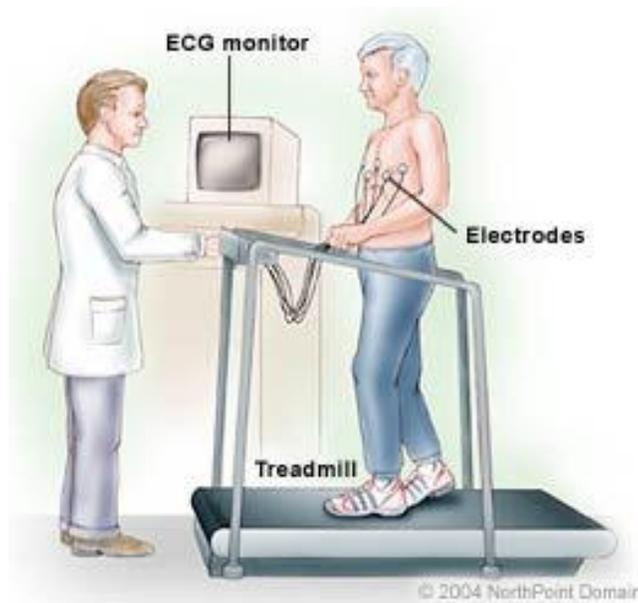


TREADMILL STRESS TEST

What is a Treadmill Stress Test?

A Treadmill Stress Test is a test to evaluate your heart's response to exercise. You will walk slowly on a treadmill at first. The speed and incline of the treadmill will increase at intervals.



Why do I need to have this procedure done?

Your doctor has recommended a Treadmill Stress Test to obtain more information about the condition of your heart and the blood flow to the heart muscle.

How should I prepare for the procedure?

- You will not be allowed to eat or drink anything for 4 hours before the procedure.
- Do NOT drink any caffeine or decaffeinated soda, tea, or coffee for 24 hours before the test.
- Do NOT eat any chocolate foods 24 hours before the test.
- Dress in comfortable clothes and footwear that will allow you to walk quickly on the treadmill.
- Your doctor will advise you about taking your medications prior to the procedure.

What can I expect before and during the procedure?

- The stress test will be performed in the clinic office.
- Once you arrive to the clinic, you will sign a consent form.

- A heart monitor will be placed on your chest and a continuous EKG will be monitored.
- Your blood pressure and heart rate will be monitored throughout the test.
- Our staff will be monitoring you closely before, during, and after the test.
- You will start by walking on the treadmill, with the speed gradually increasing. You will eventually be walking quite briskly to allow your heart rate to increase to a “goal” rate that is determined by your age.

Is there anything specific to do after the test?

- No, there is nothing specific to do after the test is complete. You may resume your usual diet and activity level, unless instructed by our staff or your doctor to do otherwise.
- Follow up to review your results with your doctor.

Please do not hesitate to contact our office if you have any questions or concerns.

Thank you!