



HEART SCIENCES CENTER

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TREADMILL STRESS TEST

What is a Treadmill Stress Test?

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

Why do I need to have this procedure done?

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 sodas, teas or coffees for 24 hours before the test.
- Do NOT eat any chocolate foods for 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 special care is required after the test. You may return to your usual activity level and diet, immediately after the test is complete, unless the doctor has instructed you otherwise.
- Follow up to review your results with your doctor.

Please don't hesitate to call our office at (480) 612.0400 if you have any questions or concerns.