

Dear Patient:

Your test is scheduled for _____ at _____ AM/PM, at New West Physicians Cardiology Services.
Phone: 303-274-3311

WHAT IS A TREADMILL OR EXERCISE STRESS TEST?

The treadmill or exercise stress test involves exercising on a treadmill while you are closely monitored. This allows the doctor to see how well your heart functions with activity. It can detect heart problems that may not be present at rest. The doctor can determine the cause of chest pain, which can occur with blockages in blood flow to the heart. He or she can also determine your response to treatments and medications, as well as look for abnormal heart rhythms that may occur with exercise. This test takes approximately one hour. This includes the preparation, exercise portion and recovery period for the test. The approximate time you may be on the treadmill is five to 15 minutes, depending on the individual.

PREPARING FOR YOUR TREADMILL OR EXERCISE STRESS TEST

- Wear loose, comfortable clothes and shoes for walking.
- You may have a light meal prior to the test
- If you use an inhaler for breathing, bring it to the test
- Do not apply lotions or powders to the chest
- Please bring a list of your medications with you to the test
- Take your medications as prescribed unless directed otherwise by the cardiology office

WHAT HAPPENS DURING THE TREADMILL OR EXERCISE STRESS TEST?

- Before the procedure, you will be given an explanation of the test and then asked to sign a consent form.
- Electrodes will be placed on your chest and connected by wires to the EKG machine, which allows for continuous monitoring of your heart rhythm.
- You will be shown how to use the treadmill.
- The treadmill will start out slowly at first and gradually increase in speed and incline. Every three minutes, the speed and incline will go up.
- Your blood pressure will be checked frequently and your EKG is continuously monitored.
- During the test, if you experience any chest pain, shortness of breath or dizziness, let the nurse or technician know.
- You will be asked to exercise as long as you can because that increases the accuracy of the test.
- After the test is completed, your blood pressure and EKG will be checked for several more minutes.

The cardiologist will review the results of the treadmill with you and will inform your primary care physician. Please call us with any further questions or concerns.