

Village Medical Center at Alden Bridge

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INSTRUCTIONS FOR TREADMILL EXERCISE STRESS TEST

An exercise stress test is used to evaluate your heart as it works to pump blood with exercise. It is a most valuable tool for the prediction of significant heart disease.

The test will consist of numerous electrocardiograms (EKGs) and blood pressure measurements both at rest and as you walk on a moving treadmill. Your doctor will guide you through the test every step of the way.

Please arrive early (20 minutes before the appointment time) to complete necessary paperwork, wire hookup, etc. so that you will be ready for the actual treadmill exam to begin as close to the actual appointment time as is possible. This should then result in your being able to schedule your day such that you can plan on leaving the office approximately one hour after the appointment time.

Please be certain to wear lightweight, loose clothing and walking or jogging shoes.

Women: Please refrain from wearing underwire bras on the day of the test so as not to interfere with the EKG electrodes and their readings.

A very light meal may be taken at least one hour before the test and should consist of a small glass of juice, a cup of decaf coffee, and perhaps a half slice of dry toast or a cracker or two. If you normally do not eat breakfast, it is not necessary to eat, but a glass of juice would be wise. Again, this should be consumed at least one hour before the appointment time.

Any regularly consumed medications should be reviewed with the doctor to determine whether they should be taken the day of the stress test.

No bath or shower with soaps that contain lanolin or other moisturizers prior to the test. No powder or talc should be applied to the skin after bathing. These things make it so that the electrodes will not stick to the skin properly and thus the results of your test will not be as easy to interpret.