



EXERCISE TREADMILL STRESS TEST (ETT)

HOW SHOULD I PREPARE FOR MY STRESS TEST?

- Please wear comfortable clothing such as a short-sleeved shirt, sweatpants or workout pants, and stable shoes (such as runners).
- Eat accordingly so that you may exercise at your appointment.
- Please bring a list of your current medications.
- Please take all of your regular medications unless directed otherwise by your doctor.

What to expect and how to prepare for your upcoming appointment.

What is a stress test?

Sometimes referred to as a treadmill test or exercise treadmill test, the stress test is used to determine the effects of exercise on the heart.

Why do I need a stress test?

Exercise allows doctors to detect abnormal heart rhythms (arrhythmias) and to diagnose the presence or absence of coronary artery disease. Doctors also use exercise stress tests to find out:

- If your symptoms (such as chest pain or difficulty breathing) are related to your heart.
- How hard you should exercise if you are joining a rehabilitation program or starting an exercise program.
- If treatments you have received for heart disease are working.
- If you need other tests (such as a coronary angiogram) to detect narrow or blocked arteries.

What happens during my stress test appointment?

- The exam takes approximately 30 minutes to complete.
- A doctor and a trained staff member will monitor you while you perform exercise on a treadmill.
- In order to perform a stress test, it must be safe for you to walk on a treadmill. If you have a broken bone, balance issues, or a severe cold/flu, you may need to reschedule your exam.
- During the test, the cardio tech will monitor your blood pressure, your physical condition, and your ECG closely while the treadmill gradually gets faster and steeper.
- Your results will be sent to your referring doctor after they have been reviewed by one of our specialists.