

**TREADMILL STRESS TEST**

Patient: \_\_\_\_\_ Appointment Date: \_\_\_\_\_

Appointment Time: \_\_\_\_\_ am/pm

Location: Cardiovascular Medicine 1<sup>st</sup> floor at Mankato Clinic  
1230 East Main Street Mankato, MN 56001  
Please enter the Mankato Clinic front door (marked #50)

**Please check in at the Cardiovascular Medicine Department.**

If you are unable to keep your appointment or have questions, please call 507-389-8519 as soon as possible.

**What is a treadmill stress test:**

Cardiac stress testing can be useful in identifying partial blockages in your coronary arteries. Many times, the presence of coronary artery disease (CAD) is easily missed when a person is at rest, because at rest there may be no sign of a problem either on physical examination or on the ECG. In these cases, cardiac abnormalities may become apparent only when the heart is asked to perform at increased workloads. The stress test is used to evaluate the heart and vascular system during exercise and helps to identify if CAD is present and to what severity. This test takes approximately one hour.

**How do I prepare for the test:**

- Do not smoke 24 hours before the exam. This includes nicotine patches.
- Do not eat or drink anything with caffeine 24 hours before the exam. This includes decaffeinated coffee and all types of tea, soda, chocolate items, Anacin and Excedrin.
- Do not eat or drink anything four hours before the exam. You may take medications with a small amount of water.
- Follow the instructions given by your doctor regarding your medications and bring a written list of all medicines you take. Be sure to include prescriptions, over-the-counter medicines, herbal and natural products. Please see the attached page regarding any specific medication instructions.
- Wear loose, comfortable clothing. Walking or exercise shoes are recommended.
- Avoid strenuous exercise on the day of the test.
- We recommend that you contact your insurance company prior to your appointment to understand what your coverage is for this test.
- To provide the best service and ensure your safety, young unsupervised children should not accompany parents to their Cardiology appointments. Safety practices limit the number of people in the testing room and young children are not to be left unsupervised while in the waiting room or lobby. This will also ensure you can relax during the test which will result in better image outcomes.

**What will happen during the test:**

- You will be asked to undress from the waist up. Women are asked to wear a sports bra and will be given a gown to wear during the test. Your skin will be prepped. Men will be shaved appropriately and the skin will be cleaned with alcohol.
- Ten disposable electrodes will be placed on the chest and ECG leads will be attached.
- Baseline ECG's and blood pressures are obtained. You will begin walking on the treadmill at a slow speed and low incline. Every three minutes the speed and the incline of the treadmill will increase.
- ECG's and blood pressures will be taken throughout the test. You will be asked to rate your exertion levels during the test and report any symptoms.
- The test will continue until you cannot keep up any longer because of fatigue or until other symptoms (chest pain, shortness of breath, lightheadedness, or leg pain) prevent further exercise, or until changes in the ECG indicates a cardiac abnormality.
- The treadmill will then start to slow down and come to a complete stop.

**Instructions for after your exam:**

- After the test you will be monitored until any symptoms disappear and heart rate, blood pressure and ECG's return to normal.
- ECG electrodes will be removed and the patient will get dressed.
- Your provider will share the results of your test with you at your follow-up appointment. If you do not have a follow-up appointment, your provider may contact you by letter. If not, you may contact your provider's office five to seven business days after your test to obtain results.