

Center for Cardiovascular Health

Standard Exercise Treadmill Stress Test

What to expect:

The purpose of a stress test is to check the blood flow through the vessels that supply the heart muscle (the coronary arteries). You will walk on the treadmill, having your heart rate, heart rhythm, and blood pressure monitored during the test.

How to prepare:

- Do not eat food or use tobacco products for **2 hours prior** to check-in time.
- Sips of liquid are ok.
- Wear flat rubber-soled shoes suitable for walking and comfortable pants or shorts. Women may not wear a bra during the procedure as it will interfere with the test. Do not apply lotion to your skin the day of testing
- Men should be prepared to have their chest hair shaved to improve the quality of the test.
- The chest area will be prepped using gauze soaked with a rubbing alcohol solution to improve ECG signal quality.

Medications:

- Please bring a list of all medications you are currently taking.
- Some medications may interfere with achieving desired test results.
- **Please follow your physician's directions on what medications to take as prescribed by your physician.**

Where to go:

- Please check in on the 2nd floor of the **Lindeman Pavilion** (registration)

Date: _____ Check-in time: _____

If you have any questions or changes to your health, and you cannot arrive at the scheduled appointment, please call Cardiology Lab at (206) 223-6761.