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## TREADMILL STRESS TEST

You have been scheduled for a treadmill stress test. This test is designed to look at your heart during exercise. You will be asked to remove your clothing from the waist up and to wear a hospital gown so that a nurse can apply a heart monitor to your chest. During the test, you will walk on a treadmill for as long as you are comfortable and capable of walking. The treadmill will gradually increase in speed and gradient or level uphill while you are walking. A nurse will take your blood pressure and your EKG recording every few minutes while you are walking on the treadmill and a doctor will also evaluate your EKG or heart tracings.

If you experience chest, arm, shoulder, jaw or back discomfort during the treadmill or if you become dizzy, extremely short of breath, or experience any unusual symptoms, please tell the doctor or nurse. Please wear tennis shoes and comfortable slacks or shorts for the treadmill test. You may eat a light meal at least three hours prior to the test. There is no need to restrict your activities before or after the test. If you have further questions, please call one of the nurses. Please take your medications as instructed, and do not eat or drink anything containing caffeine for 24 hours prior to the test.