

# Treadmill Test (Stress EKG)

## General Information

The treadmill test shows your doctor how well your heart functions. During the test, your heart works harder to pump blood. The test will show if the heart arteries lack a good blood supply. It will also help the doctor come up with a treatment plan, if needed. You can expect to be at the Cardiac Center for about one hour.

There is little risk with this test. Every precaution has been taken, and emergency drugs and equipment are available if there is a problem.

You may stop the test at any time. In case of any medical need, the test will also be stopped.

## Before the Test

- Ask your doctor ahead of time if you should take routine medicines the day of the exam.
- Don't smoke after midnight or on the morning of the test.
- Don't eat or drink anything for two hours before the test.
- Wear loose, comfortable clothing (slacks and top) and tennis shoes or comfortable walking shoes.

## During the Test

- You will walk in place on a treadmill which will increase in speed and will tilt upward (like a small hill) every three minutes.
- You will exercise until you reach the maximum heart rate for your age.
- A doctor will be with you during the test. He or she will talk with you during the test and answer your questions.
- During the test you will be asked to report any chest pains, unusual shortness of breath, increased fatigue, leg pain, dizziness, or if you feel faint.
- Your blood pressure, pulse rate and electrocardiogram (EKG), will be monitored and recorded.

## After the Test

- The doctor doing the test can give you basic information after the test is done.
- Your doctor will get the test results and talk with you about any needed treatment.

For more information, call 763-422-4700.



UNITY  
HOSPITAL

Allina Hospitals & Clinics

allina.com

© 2009 ALLINA HEALTH SYSTEM  
ALLINA® AND THE ALLINA LOGO ARE REGISTERED TRADEMARKS OF ALLINA HEALTH SYSTEM  
OTHER TRADEMARKS USED ARE OWNED BY THEIR RESPECTIVE OWNERS

cvcs-unity-14677 (9/05)