

# 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 medicine and equipment will be 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 regular 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. Women may want to wear a good fitting bra.

## 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 your maximum exercise level. This usually takes less than 15 minutes.
- 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.
- A nurse will monitor your blood pressure, your pulse rate and the electrocardiogram (EKG), both of which are monitored and recorded.
- A cardiologist is in the department and will review the test with you when you are done.

## After the Test

- Your doctor will get the test results and talk with you about any needed treatment.



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