

Treadmill Stress Test

What is a Treadmill Stress Test?

During a treadmill test you are asked to walk on a treadmill while your electrocardiogram (EKG) and blood pressure are monitored throughout the test. Then your signs of disease or sickness are evaluated.

Why Am I having this Test Done?

Your doctor uses the stress test to:

- Determine if there is enough blood flow to your heart during activity.
- Evaluate the usefulness of your heart medications to control angina and ischemia.
- Determine the chances of having coronary heart disease and the need for further evaluation.
- Discover abnormal heart rhythms

How to Prepare:

- **NO** caffeine for 12 hours (Soda, tea, coffee, chocolate)
- **DO NOT** eat or drink anything except water 4 hours before your test
- Medications that slow your heart rate need to be stopped one day before the test. These types of medications include: Beta Blockers, Calcium Channel Blockers, and Digoxin
- Wear loose fitting clothing and walking shoes to walk on the treadmill and women should wear a sports bra
- If you use an inhaler for your breathing, please bring it to the test

Date: _____

Time: _____

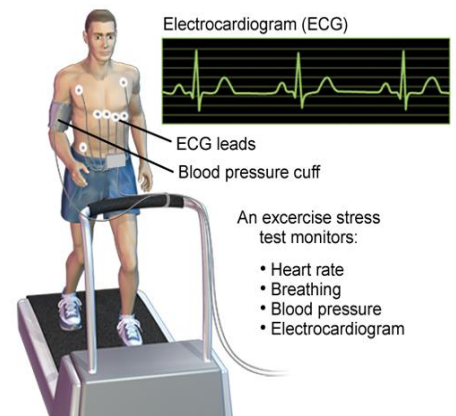
This Test is only done at our Springboro office on Thursday mornings.

Location:

☐ 325 North Main Street # 206
Springboro, Ohio 45066

☐ 1677 North Barron Street
Eaton, Ohio 45320

Tel: (937) 619 0101



◆ Please plan on being at our office for 2 hour ◆