

PCI Medical Pavilion
202 10th St. SE, Suite 225
Cedar Rapids, IA 52403
800/982-1959 or 319/364-7101

Jones Regional Medical Center
1795 Highway 64 East
Anamosa, IA 52205
800/982-1959 or 319-481-6213

Regional Medical Center
709 W Main Street, Suite 100
Manchester, IA 52057
800/982-1959 or 563/927-2855

Unitypoint.org/cardiologyclinic

Treadmill Stress Test

What is a Treadmill Stress Test?

A Treadmill Stress Test measures your heart rhythm when the heart is stressed by exercise, such as walking or running on a treadmill.

Why is a Treadmill Stress Test performed?

The test looks for any changes in the rhythm of your heart while you are walking on a treadmill; changes might indicate that there may be problems with the heart's rhythm or blood supply. These problems may only be able to be seen while you are exercising.

How long does the Treadmill Stress Test take?

You will be in the test room for about 30 minutes.

What should you wear?

Wear or bring clothes that you can exercise in such as: running or walking shoes, shorts or light pants, trousers, or slacks.

What should you expect before the procedure?

Once you arrive to the testing area on the day of your test, a technician or nurse will attach the heart monitoring equipment to you. Several sticky patches will be placed on your chest and connected to EKG wires. For men, we may have to shave off some chest hair so the patches will stick to your skin.

Specific Preparation:

- **Do NOT** consume caffeine products 24 hours prior to the stress exam. These include chocolate, coffee, tea, and cola/soda. This includes decaffeinated" and "caffeine-free" products.
- **Do NOT** smoke or eat two (2) hours prior to the stress test start times. (Water and juices are allowed.)
- **Do** wear or bring with you comfortable street clothes and a pair of walking shoes for treadmill testing. **NO** sandals.

Treadmill stress test

Appointment:

Date: _____

Time: _____

What should you expect during the procedure?

The test will begin with walking on the treadmill at a slow speed. Every 3 minutes you will have to walk faster and more uphill.

What should you expect after the test?

After you have walked on the treadmill, you will be watched on the heart monitor for 6 to 10 minutes.

When will you know the results of your test?

The EKG tracings from the test will be reviewed by a board certified cardiologist. The results of the test will be sent to the doctor that ordered the test for you. The test results will also be sent to your family doctor.

Important Billing Information

If you are unable to keep your testing appointment, you must contact UnityPoint Health-Cardiology Clinic 24 hours prior to your test time. Scheduled testing appointments that are missed or cancelled without the 24 hour advance notice may be subject to charges for pharmaceuticals or supplies specifically ordered for your test.

 Stop Caffeine on:

 Stop Medications on:
