



# UnityPoint Clinic

Pediatric Cardiology

## **WHAT IS A TREADMILL TEST AND WHY THEY ARE DONE**

A treadmill test is a stress test of the heart in which the patient walks on a moving treadmill while the heart's electrical activity and the patient's blood pressure are monitored. We do this test on patients who experience heart related symptoms during activity. This tells us how the patient's heart and blood pressure responds to exercise.

If your child is schedule for a treadmill test, they should wear running shoes to their visit. It would also be ideal if they wore a belt or shorts/pants that won't fall down during exercise. They may change into their gym clothes prior to the test if desired. Please make sure your child is fed and well hydrated prior to arrival and take all medications as normal unless told otherwise.

24 hours prior testing they cannot have any caffeine. Also, two hours prior to testing your child cannot drink or eat anything; small amounts of water are fine. Take medications as directed.