



St. Luke's Heart Care Services Patient / Family Information

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.

Where is a Treadmill Stress Test performed?

The test can either be performed at a hospital or at a heart doctor's office. At St. Luke's Hospital the treadmill rooms are located on the 4th floor of the Heart Center.

Who will help with the Treadmill Stress Test?

The test is watched by a doctor; most of which are Cardiologists, (heart doctors.) The doctor is assisted by a trained technician or nurse that specializes in heart problems.

How long does the Treadmill Stress Test take?

You will be in the test room for about 40 minutes. You will be walking or running on the treadmill for 9 to 15 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. Do not wear one piece undergarments such as a leotard (one piece exercise garment worn mostly by females)

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. We will attach several sticky patches to your chest and connect wires to them. For men, we may have to shave off some chest hair so the patches will stick to your skin. The technician or nurse will give you a short lesson before the test begins.

What should you expect during the procedure?

Once the doctor gets to the testing room the test will start and you will begin walking on the treadmill at a slow speed. Every 2 to 3 minutes you will have to walk faster and more uphill. The treadmill will stop if your heartbeat reaches a certain speed, if you become very short of breath, if you have pain in your chest, or if the doctor sees a problem with the rhythm of your heart.

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. Your blood pressure and heart rate will need to at the same level as it was before you started walking on the treadmill before it is safe to leave the test area.

When will you know the results of your test?

The doctor who does the test will talk to you right after you finish the test. The final results of your test will be sent to all the doctors involved in your care within 1 to 3 days. If you do not know the results of your test after 3 days, contact your family doctor.

Outpatient instructions:

Please register at the Outpatient Registration Desk at the West Entrance **or** you may call (319) 369-8129 to pre-register with Centralized Scheduling, which will reduce your wait time at the registration desk.

Name: _____

Exam Date and Time: _____

If you have further questions, please contact the St. Luke's Diagnostic Cardiology Department at (319) 369-7318

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