

## 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 in relation to the test.

### 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.
- Please plan on being at our office for two hours.

**Date:** \_\_\_\_\_

**Time:** \_\_\_\_\_

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

#### Location:

- ☐ 325 North Main Street # 206  
Springboro, Ohio 45066
- ☐ 1677 North Barron Street  
Eaton, Ohio 45320

**Tel:** (937) 979 1038

