

TREADMILL EXERCISE TEST INSTRUCTION SHEET

A Treadmill Exercise Stress Test is a diagnostic test utilized by the physician to evaluate your cardiovascular function, and determine an appropriate plan of medical management. This test will take approximately one hour. You will walk on a treadmill until you reach a desired heart rate, which may take approximately 5-15 minutes. Your heart rate and rhythm, blood pressure and ECG will be monitored throughout the test. Following the test, these measurements are monitored during a short recovery period.

Please follow the instructions listed below:

- Bring a list of your current medication including dosage and frequency.
- Do not eat a heavy meal for at least 4 hours prior to the treadmill test.
- Hold **CAFFEINE and DECAFFEINATED** products 2-4 hours prior to this test. (*See the attached list of restrictions*).
- Wear comfortable clothing and walking shoes.
- Continue to take all of your medication as directed.
- If you have further questions, feel free to contact our office at 260.481.4820.