



Patient Information Sheet
Exercise Stress Test,
or Treadmill Test

What is a Treadmill Test?

An exercise stress test, or treadmill test, is a non-invasive way to test the heart. A treadmill test is a special type of electrocardiogram or EKG that compares the heart's electrical activity at rest and under exertion. Your physician may recommend an exercise stress test to diagnose a heart-related cause of various symptoms such as chest pain, shortness of breath or lightheadedness. A treadmill may be used to predict risk of dangerous heart-related conditions such as a heart attack. A treadmill may be ordered to determine a safe level of exercise. Your physician may also order a treadmill test to check the effectiveness of your heart medications or other treatments for your heart condition. During the test you will be asked to walk on a motorized treadmill. An EKG is used to record the activity of your heart and blood pressure readings are taken throughout the test. After the test, the EKG recordings of your heart and blood pressure readings will be analyzed. Depending on the results of the treadmill, the physician may recommend additional testing such as a nuclear stress test or cardiac catheterization. The day of your treadmill, wear two-piece, loose fitting clothing. Comfortable walking shoes are recommended. No caffeine or products containing caffeine, including chocolate, from midnight the night before the test. Take any regular medications unless otherwise ordered by your physician.