



## Medical Clinic of Houston, L.L.P.

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*“The Sunset Clinic” - Established in 1968*

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### Treadmill Exercise Testing

**Appointment Date :** \_\_\_\_\_ **Appointment Time:** \_\_\_\_\_

Your doctor has scheduled you to have a *Treadmill Exercise Test* that will measure your heart's tolerance to exercise. During the test, your heart rate will be measured by a 12-Lead Electrocardiogram (EKG) and your blood pressure will be taken while you walk on a treadmill. This test will take approximately 30 minutes.

The test will be performed in the Non-Invasive Cardiology Services department.

#### Explanation of Procedure

A stress test technician will place electrodes on your chest to monitor your heart rate. Your EKG and blood pressure will be monitored throughout the entire test. For the clearest test results, your skin will be lightly abraded. Men may need to have a portion of their chest hair shaved to obtain clear tracings.

The purpose of the treadmill test is to increase your heart rate to assess your heart's reaction to stress. A resting EKG and blood pressure are recorded before testing begins to determine if the test should proceed. The test consists of walking and/or jogging on a treadmill at gradually increasing speed and elevation every few minutes until maximum heart rate for your age is reached. The test will be discontinued, however, if any of the following occurs – fatigue, breathlessness, chest pain, irregularities of heart beat, or EKG changes.

Upon completion of exercise, your EKG and blood pressure will continue to be monitored for several minutes. When all information has been obtained, the electrodes are removed.

#### Preparation for Test

1. Do not eat or drink anything except water for four (4) hours prior to the test. If you are unsure about taking medications, consult your physician.
2. Please bring a list of your current medications.
3. Bring or wear clothing and shoes that will be comfortable for walking.
4. You will need to undress from the waist up; a gown will be provided for you to wear during the test.

#### Results

An MCH Cardiologist will interpret the stress test and results will be given to your physician.