

Care Gram

Treadmill Stress Test

How the Test Works

A treadmill stress test is done while you are walking on a treadmill. Your heart is monitored the whole time you are walking. This test may be done for the following reasons:

- To look for heart disease
- To see how exercise affects your heart
- To look at how well your medications are working
- To see the effects of heart procedures you have completed in the past

Allowing Time

The entire test takes about 1 hour. This includes preparation, exercising, and recovery.

Preparation

- Do not drink any kind of coffee, tea, or soda for 12 hours before the test
- Do not eat chocolate for 12 hours before the test
- Do not eat anything for 2 hours before the test – you may drink water, milk, or juice until the time of the test
- Wear loose clothing and shoes for walking

You will receive a phone call or a letter from the Cardiology Department to inform you of your appointment date and time. Please call Cardiology at (220) 564-4713 to:

- Confirm or change your appointment time
- Review your medication list (some medications must be stopped before your test)

You may need to leave a message. A registered nurse will call you back if you need to stop any of your medications.

Registration

Please report Registration at your appointment time. It is located on the Licking Memorial Hospital First Floor.

During a Treadmill Stress Test

- You will remove all clothing from the waist up and put on a hospital gown.
- You will walk on the treadmill until your heart rate reaches a target level. If you are used to running, you may have to run for the test as well.

After the Test

You may drive yourself home and return to your normal activities the same day.

Finding Out the Results

You will find out the results of your test from the doctor who ordered the test.

If you have any questions about your test, please call (220) 564-4713.

This Care Gram is for information purposes only. It may become out-of-date over time. Ask a doctor or healthcare professional about your specific condition.



**Licking Memorial
Health Systems**

1320 West Main Street • Newark, Ohio 43055
(220) 564-4000 • LMHealth.org

1616-0541
01/29/2024