

# 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 find the cause of chest pain
- To evaluate your exercise capacity
- To look at how well your medications are working
- To evaluate previous heart procedures

### Allowing Time

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

### Preparation

- Do not eat or drink caffeinated or decaffeinated coffee, tea, pop, or chocolate 12 hours before the test
- Do not eat anything 2 hours before the test – you may drink water, milk or juice until the time of the test
- Be sure to wear comfortable clothes 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 (740) 348-4713, and tell them if you can make your appointment time or if you need to change it.

You may need to stop taking some of the medications you take. Please call (740) 348-4713 with a list of the medications you take. You may need to leave a message. A registered nurse (RN) will call you back if you need to stop any of your medications.

### Registration

Please report directly to the Cardiology Department at your appointment time. It is located on the first floor of Licking Memorial Hospital (LMH).

### During a Treadmill Stress Test

- You may be asked to remove your shirt or blouse and put on a hospital gown
- You will need to walk on the treadmill until your heart rate reaches a certain level - if you are used to running, you may have to run for the test as well
- You will not need an IV for the treadmill stress test

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 It may become out-of-date over time.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



**Licking Memorial  
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**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 that ordered the test.

If you have any questions about your test, please call (740) 348-4713.