



## Palatine Heart Center

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### Regular Treadmill Stress Test

#### Preparation for the Test:

- Please allow 60 minutes to complete the test**
- No caffeine or nicotine for 12 hours prior to the test.** This includes all types of coffee, tea, hot chocolate and soft drinks (even if they are “caffeine free”). You must also avoid all foods that contain chocolate. In addition, you must discontinue all over the counter medications that contain caffeine such as Excedrin or No Doz
- You may have a light meal the day of the test, nothing too heavy 2 hours prior to testing as you will be exercising**
- If you have asthma, please bring your albuterol inhaler with you the day of the test.**
- Please wear or bring comfortable clothing and good walking shoes.**
- Do not apply any creams or powders to your chest the day of the test.**
- Please bring an updated list of all medications** (with the name of the medication and the dosage).

A regular treadmill stress test checks your heart’s reaction to measured amounts of work.

You will be asked to undress from the waist up and wear a gown. This allows 10 electrodes to be placed on your chest. The electrodes measure your heart’s electrical activity. The electrode placement areas may be shaved if needed.

These 10 areas on your chest will be lightly rubbed with exfoliating paper. Then the area will be cleaned with alcohol to remove normal skin oils. This may cause some skin redness that should go away within a few hours after the test. Once the electrodes are in place, monitoring wires will be attached to each electrode. These lead wires will be connected to a small box worn on a belt around your waist.

Before exercise begins, an electrocardiogram (ECG) will be done while you are standing still. The exercise portion of the test will begin with you slowly walking on the treadmill. The speed and treadmill incline will be increased every 3 minutes. Your heart rate, rhythm and blood pressure will be checked constantly during the test. You and the healthcare provider will decide the correct amount of exercise needed.

Following this, you will sit and rest. This rest period is called your recover time and will last for at least 5 minutes. Your heart rate, rhythm and blood pressure will be checked during this time. At the end of your recovery period, the electrodes will be removed from your chest.

If you have any questions or concerns, please call our office at 815-477-8900