

## Regular Treadmill Exercise Stress Test

A regular treadmill exercise stress test checks your heart's reaction to measured amounts of work. The test is done by a cardiologist or an exercise physiologist who works under the supervision of a cardiologist. The actual exercise time varies with each patient. The total time in the department is about 45 to 60 minutes. Your test results are sent to and evaluated by your doctor.

*Wear comfortable clothing and good walking shoes for your test.*

### Before the Test

You may eat a light meal 2 hours prior to having your test. Wear or bring with you comfortable clothing and good walking shoes.

On the day of the test, plan to arrive 15 minutes before your test time. Be sure to bring:

- Your doctor's written order for the test.
- A list of all your current medicines (prescription, over-the-counter and herbals).
- Medical insurance information.
- Medicare card (Medicare patients only).

Please come to the 8th floor reception desk in the Galter Pavilion, 201 E. Huron St.

Parking is available for patients and visitors in the garage at 222 E. Huron, across from the Feinberg and Galter pavilions. For discounted rates, please bring your parking ticket with you. Tickets can be validated at the Customer Services Desks on the 1st and 2nd floor of the Feinberg and Galter pavilions; 1st floor of Prentice (including the Prentice 24 hour desk near the Superior entrance).

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

*Patients First*

These 10 areas on your chest will be very lightly rubbed with a soft pumice gel. Then the area will be cleaned with rubbing alcohol to remove normal skin oils and dirt. 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.

## During the Test

Before exercise begins, an electrocardiogram (ECG) will be done while you are standing still. Then, the exercise physiologist or cardiologist will:

- Describe the test to you.
- Ask questions about your health history.
- Show you how to use the treadmill.

You also will be asked to read and sign a hospital consent form. The exercise portion of the test will begin with you slowly walking on the treadmill. The speed and treadmill slope will be increased every 3 minutes. Your heart rate and rhythm as well as your blood pressure will be checked constantly during the test. It is important for you to walk on the treadmill long enough to show the heart's reaction to varied amounts of work. This time will differ for each patient. You and the exercise physiologist or cardiologist doing the test will decide the correct amount of exercise and/or time needed.

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

Your final test report will be faxed to your doctor within 24 hours.

For questions or scheduling of your regular treadmill exercise stress test, please call the Cardiac Stress Testing Laboratory at 312-926-8662, Monday through Friday, 7:30 a.m. to 5 p.m.

## Health Information Resources

For more information, visit one of Northwestern Memorial Hospital's Health Learning Centers. These state-of-the-art health libraries are located on the third floor of the Galter Pavilion and on the first floor of the Prentice Women's Hospital. Health information professionals are available to help you find the information you need and provide you with personalized support at no charge. You may contact the Health Learning Centers by calling 312-926-LINK (5465) or by sending an e-mail to [hlc@nmh.org](mailto:hlc@nmh.org).

For additional information about Northwestern Memorial Hospital, please visit our Web site at [www.nmh.org](http://www.nmh.org).

*Para asistencia en español, por favor llamar a el departamento de representantes para pacientes al 312-926-3112.*

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For more information about Northwestern Memorial Hospital, please visit [www.nmh.org](http://www.nmh.org).

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