

Interventional Cardiology Medical Group, Inc.

**ROUTINE TREADMILL TEST
PATIENT INSTRUCTIONS**

The treadmill test is an electrocardiogram (ECG) that is done while you are walking on a moving belt. Abnormalities in your heart rate and/or rhythm can be detected. This test is designed to determine if there is any problem with the blood flow through the coronary arteries that supply the heart with blood.

Appointment Date: _____ **Time:** _____

PROCEDURE

You will be asked to walk on a treadmill, a moving belt, which gradually increases in speed and/or grade (incline). Your blood pressure, heart rate, and rhythm will be monitored while you are on the treadmill. You will be frequently asked how you are feeling. You will be encouraged to walk until you feel you can no longer exercise. The accuracy of the test is dependent on achieving a target heart rate, which is determined by your age. When you reach your target heart rate and exercise level, the treadmill test is completed.

PATIENT INSTRUCTIONS

- **Please arrive 20 minutes prior to your scheduled test time.**
- **You may eat a light breakfast (cereal, toast, juice) the morning of the exam. LIMITED CAFFEINE.**
- If you are diabetic, you may eat a *light* breakfast and/or lunch.
- Wear comfortable clothing and walking shoes, such as tennis shoes. **DO NOT WEAR OPEN-TOED OR OPEN-HEELED SHOES.**
- Do not wear necklaces or clothing with metal on it (metal buttons, sequins, brooches, etc.).
- If you have asthma presently or previously, bring your inhaler(s) with you.
- Bring a list of your medications with you.
- Take your usual morning medications on the day of your test unless directed by your physician.
- If you have been instructed to decrease your medication, be aware you may experience a transient increase in your blood pressure and/or palpitations.

LENGTH OF TEST

The test will take less than 1 hour.

QUESTIONS

If you need to cancel, reschedule, or have any questions about this exam, please call the office at: 818-702-8800.

PLEASE GIVE OUR OFFICE 24 HOUR NOTICE TO CANCEL YOUR TEST