

## **Exercise Stress Test (Regular Treadmill)**

### **Definition:**

An exercise stress test is a screening tool to test the effect of exercise on your heart. It is performed to determine causes of chest pain, to identify rhythm problems and to test the exercise capacity of the heart. Abnormal results may indicate a blockage in your arteries or lack of aerobic fitness.

### **Preparing for the Test:**

- Wear comfortable shoes and loose fitting clothing
- Do not smoke, eat, or drink beverages containing alcohol or caffeine 4 hours before the test.
- You should take all of your medications unless instructed otherwise.
- (Males) Tell your doctor if you have taken Viagra in the last 24 hours before the test. This is important because Nitroglycerin which is sometimes given to relieve chest pain during the test can interact with Viagra and cause a serious drop in a patient's blood pressure.

### **The Test:**

Electrodes will be placed on your chest, arms and legs to record your hearts activity. A blood pressure cuff will also be placed on your arm. Baseline heart rate and blood pressure measurements will be taken before you start. You will then start walking on a treadmill or peddling a stationary bike. The incline and pace of the treadmill will gradually be increased. This will measure your hearts reaction to your body's increased need for oxygen. The pace continues until you reach your target heart rate. If you start to feel short of breath or experience chest pain let your doctor know immediately. After the test you will continued to be monitored for 10-15 minutes until your heart returns to its baseline.

### **Risks:**

Stress tests are generally safe. Some patients may have chest pain or feel faint with exercise. If it does occur the patient is in the best position to receive medical attention.

### **Contact Information:**

Memphis Heart Clinic  
901-818-0300

