

Regular Treadmill

What to expect during the test?

This is a diagnostic test performed on a treadmill. The patient is hooked up to an ECG monitor and BP cuff. They are then placed on a treadmill where they will walk at varying levels of speed, while their heart rhythm, rate and blood pressure are monitored.



Can I eat or drink on the day of the test?

Yes. However, **avoid all products containing caffeine for 24 hours** before the test. In general, caffeine is found in coffee, tea, colas, Mountain Dew® and chocolate products.

Also **avoid decaffeinated or caffeine-free products for 24 hours** before the test, as these products contain trace amounts of caffeine.

Should I take my medications the day of the test?

Please follow these guidelines about taking your medications the day of the test.

- **Avoid Medications with caffeine:** DO NOT take any over-the-counter medication that contains caffeine (such as Excedrin®, Anacin®, diet pills and No Doz®) for 24 hours before the test.
- **If you take heart medications:** DO NOT take the following heart medications **on the day of the test** unless your physician tells you otherwise, or unless it is needed to treat chest discomfort the day of the test:
 - Isosorbide dinitrate (for example: Dilatrate®, Isordil®)
 - Isosorbide mononitrate (for example: Imdur®, ISMO®, Monoket®)
 - Nitroglycerin (for example: Minitran®, Nitropatches®, Nitrostat®)
 - Dipyridamole (Persantine®): Stop taking 48 hours before the test.

What should I wear for the test?

Please wear comfortable clothes and shoes suitable for walking during the test.

How long will the test last?

The appointment will take about 15-20 minutes. The actual test can last anywhere from 6 minutes to 15 minutes.