



ORLANDO HEART CENTER TREADMILL EXERCISE STRESS TEST

Please read the following instructions carefully!

What to do the day of the test:

- **No food or drink four (4) hours prior to your appointment. If you eat or drink, the test will be rescheduled.**
- Plan on spending one (1) hour for the test.
- Bring or wear loose, comfortable clothing and shoes suitable for brisk walking or jogging. No heels or sandals. Wear slacks or shorts. Do not wear a dress, full slip, or tight jeans.
- Bring a list of your current medications OR bring your medications in their bottles with you.
- **If you are pregnant, may possibly be pregnant, or are a nursing mother, your test should be rescheduled for a later date. Discuss this with your physician prior to your exam.**
- PLEASE take your medications with sips of water unless otherwise instructed by your physician.

What is a treadmill exercise stress test?

This procedure is used to evaluate the adequacy of the blood supply to the heart muscle during periods of exercise (stress) and rest. It measures functional capacity of the heart muscle and gives an objective measurement of heart disease.

The treadmill procedure is performed under controlled conditions with constant monitoring of your EKG.

Your performance and the results of the EKG help us diagnose the presence or absence of coronary artery disease and to prescribe treatment in terms of medication and activity.

Upon arrival at the doctor's office...

A Medical Assistant will escort you to a treadmill room in preparation for the exercise portion of the test. A medical history will be obtained from you and all aspects of the test explained. You will be asked to sign a consent form and any questions will be answered at this time. The medical assistant will prepare your chest for the placement of small plastic pads for monitoring and obtaining a baseline EKG. A baseline blood pressure reading will also be taken.

Upon the nurse's arrival, you will begin walking on the treadmill at a slow pace. At the completion of each three (3) minute period the treadmill will increase in speed and incline. As you are walking, if you develop any discomforts, please inform the staff immediately. While walking on the treadmill, if you feel the need to stop soon, inform the staff.

Upon completion of the exercise portion, the EKG pads will be removed. You will receive the results of your performance and treadmill at that time by one of our physicians. A copy of the report will be sent to your referring physician.

VERY IMPORTANT!

- **If you need to cancel or reschedule this test, you MUST call 48 hours prior to the appointment time: 407-650-1302.**
- **If you do not show for the appointment or do not give 48 hours prior notice of need to cancel or reschedule, you will be charged \$200.00.**

**60 W. Gore Street, Orlando
407-650-1300**

**7236 Stonerock Circle, Orlando
407-370-5800**

**10000 W. Colonial Drive, Ste. 484, Ocoee
407-290-3050**