



Pacific Cardiovascular Associates Medical Group

Treadmill Stress Test

The purpose of a treadmill stress test is to determine how your heart responds to stress and evaluate your cardiovascular status. You will be asked to walk on a treadmill until you reach a “target” heart rate based on your ability. During the treadmill, you will be closely and continuously monitored for blood pressure, heart rate, EKG rhythm and changes. The exercise portion of the test usually lasts for 5-15 minutes. However, you should allow about an hour for your entire test, which includes preparation, the exercise portion, and the recovery period.

Patient Instructions

1. No large meals for (2) hours prior to the test. A light snack and water are permitted.
2. No caffeine for (4) hours prior to the test. Caffeine can cause an increase in your heart rate which can have an impact on your test.
3. Diabetic patients should eat a light breakfast. If you take insulin (pills or injection), please obtain instructions from your primary care physician prior to the test.
4. Please take your regular medications, unless otherwise instructed with exception of beta blockers or calcium channel blockers. Please do not take these the day of the test. Also please bring a list of the medications with you on the day of the test.
5. If you use an inhaler please bring with you on the day of your test.
6. Wear lightweight, comfortable clothes suitable for exercising. Please wear tennis shoes or comfortable close toed shoes suitable for walking or jogging. No flip flops, sandals, dresses, skirts or pantyhose.
7. Please avoid using body lotion, body oils or powder on your chest area. Deodorant is fine to use.
8. Please check in 10 minutes prior to the appointment time.
9. It is required that you sign informed consent prior to the test. The consent describes the purpose, risks and benefits of the test in detail.

Frequently Asked Questions

How long will the test take?

Please leave an hour for your entire test. This will include preparation, the 5-15 minute exercise portion, and the recovery period.

When can I expect a complete test record and discussion of the test?

You will get your complete test record and discussion at your follow-up appointment. The provider performing the test will discuss preliminary results.

What number do I call if I have any questions regarding my test?

Please call 877-430-7337

What is the cancelation policy if I cannot make my appointment?

If you are unable to make your appointment due to a bona-fide emergency no cancellation fee will apply provided you provide written documentation or proof of the emergency. In all other instances a **\$50.00 no show/cancellation fee** will be charged, without exception, for un-kept appointments not canceled 48 hours before the scheduled appointment time.