**WHAT IS IT?** This test is done to evaluate a possible cardiac reason for chest pain, shortness of breath or lightheadedness, and to diagnose coronary artery disease (CAD). It can also be called a Routine Stress Test, EKG Stress, or Exercise Stress Test.

TREADMILL STRESS TEST

**HOW DOES THIS TEST WORK?** When you arrive for your test the nurse will obtain your health history, explain the procedure in detail, and answer any questions you may have. Electrodes (adhesive patches) will be placed on your chest to monitor heart rate and rhythm throughout the test. You will then exercise on a treadmill, with speed and incline changing approximately every three minutes. The nurse will check your symptoms continuously throughout the test. When the treadmill portion is complete, the nurse will monitor heart rate and blood pressure until it has returned to your baseline.



**WHERE DO I GO FOR MY TEST?** 1900 23rd St., Cuyahoga Falls, OH 44223. Come to Entrance 5 in the back of the hospital 15 minutes prior to your scheduled appointment time. Proceed to the **RADIOLOGY** department for registration and testing. Please bring your order, photo ID, all insurance cards, and a list of medications you are currently taking.

 **PREPARING FOR YOUR TEST:**

* No eating or drinking 2 hrs prior to testing.
* No smoking after midnight prior to testing.
* If you take medications, contact the ordering physician for instructions on taking these prior to the test, and please use small sips of water to take medications.
* Wear comfortable gym shoes as you will be walking on the treadmill.
* No one-piece clothing such as a dress, coveralls or overalls.

**WHAT HAPPENS NEXT?** The results will be read by a cardiologist and sent to the ordering physician and PCP (if different than the ordering Dr.) within 48 hours. However, it may take additional time to be reviewed and scanned into your record once received by your doctor’s office, so we recommend allowing 4-5 days prior to contacting your doctor for results. If you would like a copy of your test results you can complete a ‘Release of Information’ request when you register for your test, and results will be mailed upon completion of the report.

Thank you for choosing Western Reserve Hospital for your healthcare. We look forward to serving you! Please contact the Cardiovascular Lab with any questions at (330) 971-7426. If you need to cancel your test, please contact Central Scheduling at (330) 971-7496.