



UT★PHYSICIANS

**Non-Invasive Cardiovascular Laboratory**

[www.utcardiovascular.com](http://www.utcardiovascular.com)

**UTP- Medical Center**  
6410 Fannin, Suite 600  
Houston, TX 77030  
832-325-7099

**UTP- Bellaire**  
6700 West Loop South, Suite 540  
Bellaire, TX 77401  
713-486-5175

**Patient Handout**  
***Treadmill Stress Test***

Exam Date: \_\_\_\_\_

Time: \_\_\_\_\_ a.m. / p.m.

We ask that you read through this document to ensure that you will have the most successful visit possible. Please arrive about 15 minutes prior to your scheduled appointment time to fill out any necessary paperwork. We thank you for your assistance!

**Please allow yourself about 1 hr for the exercise stress testing.**

**Parking:**

UTP-Fannin: Please park next door in the UTP Parking Garage at 6414 Fannin. We will provide you with a voucher after your test so your parking will be free. When you arrive on the 6<sup>th</sup> floor, do not check in at the main desk. Please proceed to the right side of the unit once you see the main desk and around the corner to the Non-Invasive Area check-in window.

UTP-Bellaire: Please park in any of the free parking located west of the 610 Freeway and just behind the building as it faces 610. We are located on the 5<sup>th</sup> floor, Suite 540.

This test is a treadmill test that will assess your exercise capacity. You will progress through a series of stages on the treadmill, each 3 minutes long, which increase in both speed and degree of elevation per stage. Your exercise stress technologist will coach you throughout the test and explain all aspects of the protocol.

**Before your Stress Test:**

- Please discuss any questions or concerns you have with your physician.
- It is important that you do not eat or drink anything for 3-4 hours before the exam.
- However, please take any scheduled medications with sips of water, as instructed by your physician.
- If you are diabetic, please talk with your doctor about any insulin dose changes that may be needed due to food restriction on the day of the exam.
- Allow extra time for checking in.

**ALL CANCELLATIONS must be made 24 hrs in advance.**  
**Please call 832-325-7099 for all cancellations and appointment times.**

- Wear clothing and shoes that are comfortable for exercising. It would be advisable to wear a two piece outfit for the test. You will be asked to remove clothing and jewelry from the waist up. You will be given a short hospital gown.
- You will be asked about your medical history including medications that you are taking. Please mention if you are on a beta-blocker. Mention any herbs or supplements that you are taking.
- Your exam will be explained to you and any questions or concerns will be addressed. You will then be asked to sign a consent form.

### **During your Stress Test:**

- Your chest will be scrubbed for better contact of the EKG patches and wires. You will then be hooked up to an EKG machine.
- You will begin exercising on the treadmill.
- During exercise, your heart rhythm will be monitored continuously.
- Your blood pressure will be checked every 2-3 minutes.
- The treadmill will become more difficult every 3 minutes (steeper and faster).
- The exercise test will continue until you become very tired and feel that you cannot exercise further. The longer you continue to exercise, the more information we can get from the test. You are therefore encouraged to continue exercising as long as you can. However, the physician and/or exercise technologist monitoring the test may stop you earlier if he/she detects anything to suggest that there may a danger to you by continuing the exercise stress test.
- Once you reach the stopping point of the test, the treadmill will slow down and you will have a cool-down phase.
- You will then be asked to sit down and rest until your heart rate and blood pressure return to normal.
- We can provide you with juice/snacks to help you recover.



### **After Your Stress Test:**

- Return to normal activity unless your healthcare provider tells you otherwise.
- Be sure to keep your follow-up appointments.

### **Your Test Results:**

- The results of your stress test will be sent to your physician. Your physician will discuss your test results with you during a future office visit. The test results help your physician plan your treatment and any other tests that are needed.

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