

The purpose of this 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 age. During the treadmill test, you will be continuously monitored for blood pressure, heart rate, rhythm and ECG changes. The exercise portion of the test usually lasts for 5 – 15 minutes. You should allow about 1 hour for the entire test, which includes preparation, the exercise portion and the recovery period.

Patient Instructions:

1. Do not eat or drink anything 2 hours prior to the test.
2. If you are diabetic, eat a light breakfast and take your insulin prior to the test.
3. On the morning of your appointment take all your regular medications, unless otherwise instructed by your physician.
4. Wear 2 piece clothing and comfortable shoes. No sandals. No shirts with metal snaps.
5. Your physician will be notified of the results.

If you need to reschedule your appointment, please call 904.202.3111. If you have any questions about your test or your test instructions, please call the physician’s office that referred you for the test.