

Getting an Exercise Stress Test

A stress test is a common test that doctors use to check your heart. You walk on a treadmill while we measure your blood pressure and heart rate.

Before Your Test

- Ask your doctor if it's OK to take your usual medicines before the test.
- Don't** eat, drink, smoke, or have any caffeine for **4 hours before** the test.

Getting Ready

- Wear flat walking shoes.
- Wear loose, comfortable clothes that allow easy access to your chest.

During Your Test

- You sign a consent form.
- We put small pads called electrodes on your chest and a blood pressure cuff on your arm. We connect wires to the electrodes and plug them into a recorder. We use these to track your heartbeat and blood pressure.
- We show you how to use the treadmill.
- Then we ask you to exercise for several minutes. The exercise starts easy, but it slowly gets harder.
- Be sure to tell us if you have any chest pain, dizziness, tiredness or other symptoms during exercise during the test.
- Exercise as long as you can, or until we ask you to stop.

After the Test

- You can do what you normally do. Enjoy the rest of your day!
- Your doctor will get the results of your exercise stress test.

Questions? Call Us!

Heart Station, Diagnostic Center, 2nd Floor – Main Hospital

Phone: 505-272-2403 7:00 a.m. – 5:00 p.m.

After 4:00 p.m. call 272-2111. Ask for the "Cardiology Fellow" on call.

