

LEBOWITZ Medical Group, PA

Exercise Stress Test Instructions

PURPOSE

This test records a patient's EKG while exercising on a motorized treadmill. It is a screening test for coronary artery disease and other heart and lung diseases.

PREPARATION

Comfortable walking shoes (sneakers or tight walking shoes – no flip flops) should be worn. A loose fitting short-sleeved shirt (a t-shirt is fine). Please bring a current medication list.

Women – should wear a good fitting brassiere. Do not wear one-piece dresses or slips, long line bras or girdles. Shorts or a loose skirt should be worn.

Men – please wear a t-shirt and shorts or loose pants, and sneakers or running shoes. Please shave your chest so that we can easily place the electrodes directly onto the skin.

PROCEDURE

Ten (10) disposable electrodes will be placed onto the chest. The skin will be prepped first by rubbing with a dry washcloth.

The patient will be asked to walk on a motorized treadmill with the speed and elevation increasing every few minutes. Your blood pressure and EKG will be monitored throughout the test. If you develop chest pain or shortness of breath, the test will be immediately terminated.

A physician will be present during this procedure. The test will be discontinued when a target heart rate is met, the patient becomes tired, or if symptoms occur. The physician is responsible for determining when the test is stopped. After the treadmill test, an EKG and blood pressure will be taken in one-minute, three-minute, and five-minute intervals.

TIME REQUIRED

Please allow approximately one (1) hour for this test.

RESULTS

The supervising physician will usually discuss the results with you immediately after the test or on your next scheduled follow-up appointment.

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