

Treadmill Test/Stress Test - adult

This test evaluates the heart's response to exercise using a treadmill. It is used primarily to determine if a patient has coronary artery disease. The heart's electrical activity is continuously monitored using an electrocardiograph (EKG). The treadmill exercise portion of the test is staged. The treadmill starts at a very slow walking pace and at a slight uphill grade. Every three minutes the speed and grade are increased. During the exercise portion of the test, a physician is present. The goal of the test is to achieve an age adjusted target heart rate to make the test statistically reliable. The physician will discuss the results of the test with the patient immediately afterward. The complete procedure takes 30 - 45 minutes, with the exercise portion typically lasting 6-12 minutes. Depending on the reason for the treadmill, some medications should not be taken before the test. It is important to discuss this with your physician prior to the day of the test.

