



NAME _____

YOUR ARE SCHEDULED FOR A TREADMILL TEST ON _____

Dr. Henry Walters

1217 Davie Avenue

704.872.6343

Please give us at least 24 hours notice if you need to reschedule this appointment.

PATIENT INSTRUCTIONS

What is the treadmill test?

The test is conducted while you exercise on a treadmill. Through this test, Dr. Walters can evaluate your heart's ability to function under stress.

Is it safe?

Your blood pressure and pulse are monitored throughout the test. Dr. Walters is present to monitor your condition.

What is involved?

- The procedure and preparations will be explained to you. Then you will be asked to sign a consent form.
- We will prep your chest and apply 10 electrodes.
- You will walk on the treadmill until instructed to stop.

Please review the following instructions so your test will be accurate:

- DO NOT SMOKE for at least 2 hours before the test.
- A very light breakfast of toast with coffee and/or juice may be eaten at least one hour prior to your exercise test.
- Bring comfortable walking shoes and wear loose-fitting clothes for the test.
- Slippers or shoes with heels CANNOT be used on the treadmill.
- Don't hesitate to ask us questions.

Skin preparation:

An important factor in getting accurate results from your test is the quality of contact with your skin. For this reason, the following preparations are done:

- Portions of your chest may be shaved to remove any hair.
- The skin in various places on your chest will then be cleansed with alcohol to remove any oils or powders which may be present.
- The skin will be rubbed with an abrasive pad or solution. This removes the outer layer of skin cells so the electrodes will come in close contact with body fluids.
- Ten electrodes will then be placed on the prepared areas of the chest. These will then be connected to the treadmill machine.