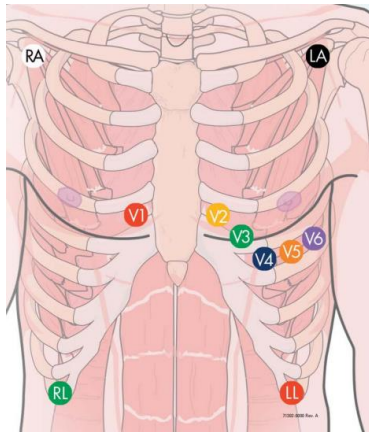




MORRIS HOSPITAL
CARDIAC DIAGNOSTICS
815-705-1170

REGULAR TREADMILL STRESS TEST

Prior to testing, the nurse will listen to your heart and lungs. The staff will clean your skin with alcohol and exfoliate it using a mildly abrasive tape. If you have chest hair, we may need to shave your chest prior to preparing your skin. We will place stickers across your chest and abdomen. Wires will attach to those stickers, which allow us to monitor your heart throughout your test. We will also monitor your blood pressure throughout testing.



You will start by walking on the treadmill on an incline. Every 3 minutes, the treadmill will go a little faster, and the incline will become a little higher. We are trying to bring your heart rate up to a certain range that is based on your age. We will discuss your specific goals before your test. When you reach your goals, the exercise portion of your test will be complete, but we will continue to monitor you for at least 6 minutes to assure you are feeling well and that your vital signs are returning to baseline. We will review post testing instructions and then your test will be complete. Each patient is different, but you should plan to spend approximately an hour with us for your testing. Your ordering provider's office will contact you with your results in about 5 business days.