

TREADMILL LAB



Exercise stress testing is done under the direct supervision of a cardiologist to provide information about how the heart responds to physical exertion. It usually involves walking on a treadmill or pedaling a stationary bike at increasing levels of difficulty, while the electrocardiogram, heart rate, and blood pressure are monitored. Patients who have no signs of heart problems at rest may show signs during exercise. For additional information, imaging of the heart with ultrasound or a radioactive tracer can also be done before and after exercise.

Your doctor may use the stress test to:

- Determine if there is an adequate blood flow to your heart during increasing levels of activity.
- Evaluate the effectiveness of your cardiac treatment plan.
- Determine the likelihood of having coronary artery disease or determine the need for additional testing

To Prepare:

- Please do not eat or drink large amounts
- Take your regular medications unless instructed differently by your physician.
- Wear comfortable clothes and soft-soled shoes suitable for walking.

What to expect:

Ten small areas of your chest are cleaned and small, sticky electrode patches are attached to these areas. Men may expect to have their chest

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partially shaved to improve contact. The electrodes are attached to an electrocardiograph (ECG) monitor that charts your heart's electrical activity during the test.

Your blood pressure and ECG recording will be taken before, during, and after exercise. You will begin to exercise by walking on a treadmill or pedaling a stationary bike. The degree of difficulty will gradually increase.

At regular intervals, the lab personnel will ask how you are feeling. Please tell them if you feel chest, arm or jaw discomfort, shortness of breath, dizziness, lightheadedness, or any other unusual symptoms. It is normal for your heart rate, blood pressure, breathing rate, and perspiration to increase during the test. For your safety, the Cardiologist and lab personnel will watch for symptoms or changes on the ECG monitor that suggest the test should be stopped.

Location:

Watson Clinic LLP - Main Clinic
Cardiology Department • 2nd Floor
1600 Lakeland Hills Blvd.
Lakeland, FL 33805

Hours:

8:00 am to 4:30 pm
Monday - Friday
By appointment and physician
referral only



WATSON CLINIC LLP

Setting The Pace... One Heart At A Time

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