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Facts About a Treadmill Stress Test

What is a treadmill stress test?

A **treadmill stress test** is a non-invasive procedure that will provide your doctor with information about your heart in response to stress as part of an evaluation of your blood flow, exercise tolerance, and heart rhythm.

What is the procedure?

On the day of your test we advise that you do not eat 2 hours prior to your test. If you are scheduled to take medications please be sure to discuss this with Dr. Tsoi prior to the day of your test. You will need to wear comfortable walking shoes and clothes. We ask that women do not wear one piece undergarments or full length stockings.

During the test, electrodes will be applied to your chest. The electrodes are connected to a monitor that will display your heart rhythm and heart rate. Your blood pressure is checked at different levels of exercise on the treadmill. The treadmill will start out at a casual stride and increase its speed and incline every 3 minutes until you have reached your target heart rate, are too tired to continue, or develop any EKG changes. If you experience any chest pain, dizziness, shortness of breath, fatigue, or any other unusual symptoms you should tell the doctor immediately during the test.

Exercise time is based on your symptoms, heart rate, and/or EKG changes.

Following exercise there will be a recovery period during which you will be monitored as you recover from exercise.

What are the risks?

The test may cause abnormal blood pressure, fainting, disorders of heart beat, and in rare instances, heart attack. Every effort will be made to minimize any such occurrences and personnel and equipment will be available to deal with them should they occur. Further details regarding risk will be discussed prior to the test.

Do you have any questions?

If you have any questions regarding the test or your test results please contact the office at (510)792-3595.