Houston Heart Health
Dedicated to excellence in cardiovascular care

Treadmill Stress Test Instructions

Exercise stress test for your heart

Appointment date _____ Time _____

4000 Garth Rd, Suite 200, Baytown, TX 77521 • (713) 899-0298

What is this test?

This test shows how your heart responds to exercise. The care team will check your blood pressure and record your heart’s electrical activity while you walk on a treadmill.

Before your appointment

Wear comfortable clothes and athletic shoes. Follow the office’s instructions about food, drinks, and medicines. Do not stop taking any medicine on your own. If you use an inhaler, bring it with you.

What to expect

The care team will place sticky patches on your chest to record an electrocardiogram (ECG) and put a cuff on your arm to check your blood pressure. You’ll start by walking slowly. The treadmill will gradually get faster and steeper. Tell the team right away if you have chest pain, shortness of breath, or dizziness. The team will keep monitoring you as you recover. Allow about one hour for your appointment.

Patient acknowledgment

I have read and understand that I must confirm my appointment.

Patient name _____

Patient or authorized representative signature

_____ Date _____