



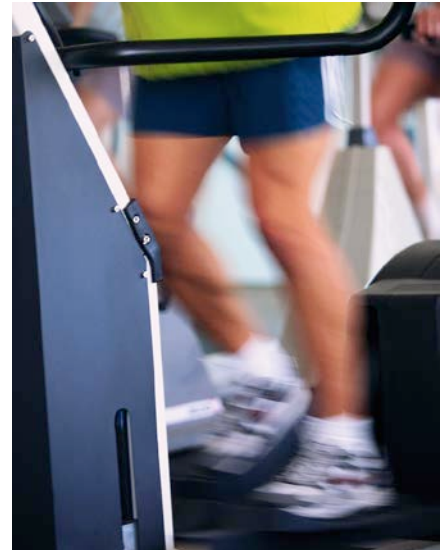
How to Prepare for Your Exercise Treadmill Test

This handout explains what to do before your treadmill test.

Risk Factors

Some risk factors may affect your ability to take an exercise treadmill test (ETT). Before your test, tell your provider if:

- You are a smoker
- You used to smoke
- You have diabetes
- A member of your family has heart disease
- You have high cholesterol
- You have high blood pressure



Be sure to wear clothes and shoes that you would wear for walking or running.

On Test Day

- Starting **2 hours before** your test, do **not** eat or drink anything.
- Wear clothes and shoes you feel comfortable wearing during exercise.
- A nurse or an *exercise physiologist* will run your test and monitor you.

Questions?

Your questions are important. Call your doctor or healthcare provider if you have questions or concerns.

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