



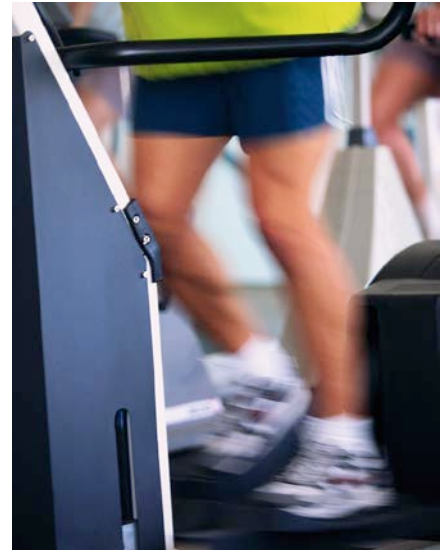
# How to Prepare for Your Exercise Treadmill Test

*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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