



### **During your test:**

- ♥ You will change into a gown.
- ♥ A technician will fill out a heart history form, explain the test and have you sign a consent form.
- ♥ Small sticky patches will be placed on your chest to monitor your heart rhythm during your test. Chest hair may need to be removed to apply the patches.
- ♥ You will begin walking slowly on the treadmill. The speed and incline will be gradually increased every two or three minutes.
- ♥ Your heart activity and blood pressure are continuously monitored until you reach a certain heart rate, become tired or develop symptoms.

### **After your test:**

- ♥ You will be monitored for another five to fifteen minutes.
- ♥ You will know the results of your test right away.
- ♥ You will be able to leave after the test.

### **Tobacco Free Campus**

**For your health, we are a tobacco-free facility and campus. Thank you for not smoking or using tobacco products on grounds.**

Other resources available to you at: [www.stmarysmadison.com/cardiac](http://www.stmarysmadison.com/cardiac)

Then, click on “Patient Instructions.”