



Grand Rapids Cardiology

What to Expect

Treadmill Test (ETT)

The purpose of this test is to determine how your heart responds to stress and evaluate your cardiovascular status. You will be asked to exercise on a treadmill until you reach a “target” heart rate based on your age. During the treadmill, you will be continuously monitored for blood pressure, heart rate, rhythm and ECG changes. The exercise portion of the test usually lasts for 6 to 15 minutes. You should allow about an hour for the entire test, which includes preparation, the exercise portion, and the recovery period.

Patient Instructions:

1. Do not eat or drink anything two hours prior to the test.
2. Take all your regular medications, unless otherwise instructed by your physician.
3. Wear two-piece clothing and comfortable shoes.
4. No caffeine 24 hours prior to the test.
5. No smoking 24 hours prior to the test.
6. Your physician will be notified of the results.

If you need to reschedule the test or have any questions regarding these instructions, please call our office at 616-717-5141.