The Procedure
An EKG or electrocardiogram will give the doctor a baseline before the exercise portion of the test begins. Your heart rate, rhythm, and blood pressure will be monitored throughout the test. As you walk on the treadmill the speed and incline will increase as the test goes on. Your body’s response to the exercise will be monitored. A doctor will be present during the entire test. If you experience symptoms at any time, such as chest or arm pain, shortness of breath, or feeling dizzy, tell us right away.

When the test is complete we will continue to monitor your heart and blood pressure as it returns to baseline. The test takes about one hour.

Follow-Up
A cardiologist, a physician specializing in the study and care of the heart, will review your study. The results will be sent to your doctor who will discuss the findings with you at your next appointment.

Questions
If you have any questions or need to cancel your appointment, please call 484-628-8611.

Date: ___________________________________

Time: _________________________________

Important Telephone Numbers
Billing Office 484-628-5820
▪ Call if you have any questions about your bill.

Patient Advocate 484-628-8663
▪ Let us know how you felt about your experience at Miller Regional Heart Center.

Call 9-1-1 if you have a life-threatening emergency.
What Is an Exercise Stress Test?
An exercise test, also called a stress test, helps your doctor see how your heart can receive and use oxygen during physical activity. Monitoring your heart rhythm and blood pressure while you exercise helps the doctors know if you have a heart problem. This test is part of a total look at your heart function. Several types of exercise may be used. The most common is having you walk on a treadmill.

Exercise Stress Test Locations
Miller Regional Heart Center
Reading Hospital
420 S. Fifth Avenue
West Reading, PA 19611

Miller Regional Heart Center
Cardiac Testing
1320 Broadcasting Road, Suite 100
Wyomissing, PA 19610

Day Before Procedure
Avoid caffeine-containing drinks for at least 24 hours before your appointment.

Day of Procedure
- Do not eat or drink for two hours before your test.
- Follow any instructions your doctor gives you.
- Take any medicine that your doctor told you to take.
- If you have diabetes, check with your doctor to see if you should take your diabetes medicines if not permitted to eat.
- Dress comfortably as you would for exercise, including sneakers.

What to Bring
- Legal form of photo identification, such as a driver’s license.
- Health plan identification cards.
- Referral forms, if required by your health plan.
- A list of allergies you have to food, drugs, or latex.
- A list of ALL of your current medications. This includes drugs prescribed by your doctor and any other medicines you take. This may include over-the-counter medicines, herbal remedies, vitamins, supplements, and diet pills. Tell us the exact name of the medicine, the strength, the dose you take, and how often you take it. This information is on the label of all prescription drugs and other medications.

Checking In – Reading Hospital
Directions: The Miller Regional Heart Center at Reading Hospital is located on the 1st floor of N-Building at our West Reading campus. You can access N-Building from 5th Avenue at the traffic light. This driveway is marked with a large sign that indicates parking for the 5th Avenue Parking Garage.

Parking: For FREE valet parking, patient drop-off, or assistance, follow the driveway to the valet station. The station will be marked in blue. Our valets wear blue shirts.

If you prefer to park your own car: Instead of going straight to the valet station, make the first left into the 5th Avenue Garage. Proceed up one level. Park in ANY “Reserved Parking - Patients Only” parking spot.

Entrance: Our Valet will direct you to the Security Desk. A Security Officer will help you find the Miller Regional Heart Center registration. If parked on your own, look for the Miller Regional Heart Center entrance which connects with level 1 of the garage. Check in at the Security Desk. Our Security Officer will point you to the Miller Regional Heart Center registration.

Checking In – Broadcasting Road
Parking: Park in the lot by the main entrance to the building.

Entrance: Miller Regional Heart Center Cardiac Testing is on the first floor, Suite 100.

Check In: Check in with the front desk when you arrive. You will verify personal and health plan information.

Family: Your family can wait for you in the waiting area.

Checking In – Hamburg
Parking: Park in the lot by the main entrance to the building.

Entrance: Miller Regional Heart Center Cardiac Testing is on the first floor, Suite 150.

Check In: Check in with the front desk when you arrive. You will verify personal and health plan information.

Family: Your family can wait for you in the waiting area.