

## **PEDIATRIC CARDIOLOGY OF MONTGOMERY**

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## **EXERCISE TEST INSTRUCTIONS**

Your child has been scheduled for a treadmill exercise test. The exercise test is a cardiovascular test to assess his/her ability to perform exercise while monitoring his/her heart rate and blood pressure. A treadmill exercise test may be performed for several reasons as explained by your cardiologist.

### **FOR THE TEST TO BE SUCCESSFUL, YOUR CHILD SHOULD:**

1. Eat breakfast and/or lunch the day of the test, and depending on the time of the test two hours prior to the test.
2. The child must drink plenty of fluids the day of the test. These fluids should include Gatorade, Power-Ade or Propel (fluids that have salt in them). Water and/or soft drinks are insufficient for hydration.
3. For the child to be comfortable and perform efficiently during the exercise test he/she has to wear proper attire which is what is usually worn for sports. (Tennis shoes that lace up and elastic waist shorts). Sleeveless shirts allow for adequate blood pressure testing.
4. For the monitoring to be proper the skin has to be dry. No lotions or Vaseline can be applied on the skin the day of the exam.
5. Males with a hairy chest will need to shave or use hair removal products, such as Nair.

Failure to comply with the above instructions can result in inadequate testing, which can result in repeating the test or rescheduling it to another day.