

**Same Day Treadmill Testing  
San Francisco General Hospital ED**

To Order a Treadmill from the ED:

- **Enter an order in the computer**
- **Send one copy of this form with information completed and one copy of the initial ED ECG (will not be returned)**
- **Notify Treadmill Lab at 206-8414 (leave a message or speak to Ligia)**

Brief History: \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

REQUESTING (ED) PHYSICIAN: \_\_\_\_\_  
ED ZONE: \_\_\_\_\_

PRIMARY CARE/CONTACT PHYSICIAN: \_\_\_\_\_ Phone (\_\_\_\_)\_\_\_\_-\_\_\_\_\_

I have checked with the patient and he/she does not have a primary care physician.

Interpreter needed? YES \_\_\_\_ NO \_\_\_\_  
Language: \_\_\_\_\_

Copy of ECG from ED included with this form to go with patient?: YES \_\_\_\_ NO \_\_\_\_

Please answer the following checklist. If any answer is "YES," an exercise (treadmill) stress test should not be ordered

	YES	NO
1. Ischemic or dynamic ECG changes?	_____	_____
2. Ongoing chest pain?	_____	_____
3. Known/suspected severe aortic stenosis?	_____	_____
4. Blood pressure > 180 systolic or 100 diastolic?	_____	_____
5. Exercise limited by musculoskeletal (e.g. back) or respiratory (e.g. CHF, COPD, asthma) problems exercise?	_____	_____
6. Patient in early alcohol withdrawal?	_____	_____

**This test is for assessment of symptoms that are consistent with possible unstable angina. The approach to exclude acute myocardial infarction is at the discretion of the ordering ED physician.**

- **A copy of the preliminary result will be sent back with the patient (or Faxed to 206-4719 and called to charge RN at 206-8111 if copy unavailable)**
- **The MD interpreted result, when available, will be called to 206-8111 and given verbally to the charge RN**
- **For questions about this protocol, contact Jeffrey Tabas at [jtabas@sfgned.ucsf.edu](mailto:jtabas@sfgned.ucsf.edu)**

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**PATIENT INSTRUCTIONS:**

**WHAT IS THE TEST THAT I AM HAVING?** A *treadmill exercise test* involves walking and running in place on a moving walkway while the electrical signal through the heart is monitored by an electrocardiogram (EKG). The treadmill starts at a very low speed and every three (3) minutes the speed increases. The test continues until your heart rate increases as it should during the vigorous exercise or until you need to stop.

**WHERE DO I GO FOR MY TEST?**

San Francisco General Hospital  
1001 Potrero Avenue  
Cardiology Laboratory in Nuclear Medicine, Basement Level, Rm G100

**WHEN IS MY TEST?** \_\_\_\_\_ / \_\_\_\_\_ / \_\_\_\_\_ @ 7:30AM

You must come 20minutes prior to your scheduled time. Plan to spend 1 hour for your test.

**WHAT AM I SUPPOSED TO DO BEFORE THE TEST?**

**1. FOOD –**

- a. **NO** food after midnight on \_\_\_\_\_ / \_\_\_\_\_ / \_\_\_\_\_ (the night prior to the test).
- b. **NO** coffee or tea on before the test.
- c. ***If you have diabetes***, you may eat one slice of toast and drink one glass of fruit juice & take your usual insulin on the morning of the test.

**2. MEDICATIONS –**

- a. **BRING all** of your pill bottles to this appointment.
- b. You may take all of your morning medications, except \_\_\_\_\_

**3. CLOTHES –**

- a. Please wear comfortable clothes (e.g. 2-piece outfit) and walking shoes.