

Recommendations for Treadmill ECG Exercise Testing

Requirement

- ✓ Symptoms began over 6 hours prior with one negative cardiac enzyme panel
OR
Symptoms began less than 6 hours prior with at least two negative cardiac enzyme panels

Contraindications

- ✓ Left bundle branch block
- ✓ Electrolyte abnormalities (K less than 3.5 or above 5.0; Mg below 2.0)
- ✓ On oxygen therapy or medication infusions of any kind
- ✓ Patient is unable to physically able to walk on treadmill (no casts, splints, braces etc.)

Relative Contraindications

- ✓ Abnormal baseline ECG: such as ST segment/T wave abnormalities, RBBB
- ✓ Persistent symptoms: may be acceptable to proceed with testing if symptoms are highly atypical and low in severity
- ✓ SBP over 180 or DBP over 100
- ✓ Morbid obesity or weight over than 300 lbs
- ✓ Prior normal exercise tests
- ✓ Beta-blockers taken within last 24 hours

Reference:

1. Gibbons et al, ACC/AHA Guidelines for Exercise Testing Circulation 1997;96:345-354