

## PATIENT INFORMATION

# Exercise Test

## Cardiology Department

You have been asked to attend the hospital for an Exercise Test (sometimes called a Stress Test or Exercise Tolerance Test).

### **What is an exercise test?**

This test involves recording your heartbeat (ECG) and blood pressure (BP) whilst you walk on a treadmill.

### **How should I prepare for the exercise test?**

Please do not eat a heavy meal for at least 2 hours before the test. A light breakfast or lunch is fine.

Diabetics should follow their normal routine.

Please continue taking all your prescribed medication as usual unless you have been specifically told by a doctor not to.

It is best to wear comfortable separates and sensible shoes that are safe and appropriate for walking briskly.

### **What will happen when I have an exercise?**

You will have ECG stickers put on your chest and a blood pressure cuff on your arm. A gown is provided.

The treadmill starts at a slow walking pace and will increase in speed and/or gradient at three-minute intervals.

Your blood pressure will be recorded whilst you walk on the treadmill. The technician will be with you throughout the test and will give you full instructions.

At the end of the test, you will have a rest period whilst we continue to record your ECG and blood pressure.

## **What happens after the test?**

After the test you will be able to go straight home.

The results are not available immediately. The recordings will be sent to the hospital doctor who requested the test, and you will receive the results or an appointment shortly afterwards.

## **Additional information**

If you have any questions about your appointment, please do not hesitate to contact the team on 01803 654450 and we will be pleased to help.

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For further assistance or to receive this information in a different format, please contact the department which created this leaflet.