

Patient information

Exercise ECG Test

What is an Exercise ECG Test?

An Exercise ECG Test, or Exercise Tolerance Test, helps us assess your heart and heart rhythm when you are exercising.

Preparing for your test

You can take all your medications as usual, unless told otherwise by your Cardiologist, and eat and drink as normal. The test will take approximately 20-30 minutes.

Please wear appropriate clothing for walking on a treadmill, such as sensible clothing and shoes.

If you arrive late for this appointment, regretfully your test will have to be cancelled, so please allow extra time for travelling and parking.

At the appointment

The test will be performed by a Physiologist, who may be male or female. The Physiologist is a qualified specialist and not a Doctor, which means unfortunately any questions you may have about your results, will need to wait until you see a specialist Doctor in clinic.

The Physiologist may want to check your height, weight and blood pressure as part of the test. You will be asked to undress to the waist, but you'll be covered up appropriately. Stickers and wires will be attached to your chest so that the Physiologist can assess your heart rate and rhythm throughout the test. A blood pressure cuff will be attached to one of your arms and will be inflated every few minutes whilst exercising. The Exercise Test will take place on a treadmill. The treadmill starts at a very slow pace on an incline as if you are walking up a hill. Every 3 minutes the speed and incline of the treadmill will increase to make the test harder. We only ask that you do as much as you are able. We do not keep you on the treadmill longer than is necessary to gain the information required by the Doctor. If you have issues with mobility, then please contact the Cardiology Department to discuss your needs with one of the Physiologists prior to coming for the test. When the test is complete the treadmill will slow down gradually to a stop. The Physiologist will monitor you for a few minutes after the exercise test to ensure you recover appropriately. Once finished, all the monitoring equipment will be removed, and you will be free to leave. Your results will then be sent to the Doctor that requested the test, who will review them and be in touch.

Consent

Although you consent for this treatment, you may at any time after that withdraw such consent. Please discuss this with your medical team.

Important information

The information in this leaflet is for guidance purposes only and is not provided to replace professional clinical advice from a qualified practitioner.

Your comments

We are always interested to hear your views about our leaflets. If you have any comments, please contact the patient experience team on 0300 131 4784 or esh-tr.patientexperience@nhs.net.

Hand hygiene

We are committed to maintaining a clean, safe environment. Hand hygiene is very important in controlling infection. Alcohol gel is widely available at the patient bedside for staff use and at the entrance of each clinical area for visitors to clean their hands before and after entering.

Other formats

If you require any of our leaflets in alternative formats, such as large print or alternative languages, please contact the Equality and Human Rights Department on 0300 131 4434 or esh-tr.AccessibleInformation@nhs.net

After reading this information are there any questions you would like to ask? Please list below and ask your nurse or doctor.

Reference

The following clinicians have been consulted and agreed this patient information:
Julie Lovell – Principal Cardiac Physiologist

The directorate group that has agreed this patient information leaflet: Medicine

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Responsible clinician/author: Julie Lovell – Principal Cardiac Physiologist

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