

Exercise Tolerance Test



Name: _____

Notes: _____

Diana, Princess of Wales
Scarcho Road
Grimsby
DN33 2BA
03033 306999
www.nlg.nhs.uk

Scunthorpe General Hospital
Cliff Gardens
Scunthorpe
DN15 7BH
03033 306999
www.nlg.nhs.uk

Goole & District Hospital
Woodland Avenue
Goole
DN14 6RX
03033 306999
www.nlg.nhs.uk

Information for patients

Introduction

This booklet has been designed to give you useful information, advice about your test and to answer some commonly asked questions you may have.

Exercise Tolerance Test

An exercise tolerance test involves walking on a moving belt or treadmill, in order for your doctor to:

- Assess how well your heart responds to exercise
- Help diagnose the cause of chest pain
- Help investigate symptoms such as palpitations on exertion

Light comfortable clothes and shoes should be worn.

Tracksuits, shorts and trainers or sandshoes are ideal, although not essential.

Your chest may be cleaned, rubbed or shaved, prior to having ECG electrodes (sticky patches) applied to your chest. The Physiologist will connect these to an ECG monitor. Your blood pressure will be monitored before, during and after the exercise test.

You will then be asked to walk on the treadmill. The speed and the incline of the treadmill increases slightly every few minutes and you will be expected to walk for as long as you feel able.

After the test, the doctor or Physiologist will forward the results to your consultant who you may see in an outpatient clinic at a later date for a more in depth discussion. However if your referral was from your General Practitioner (GP) the supervising doctor will give you your results and they will be forwarded to your GP.

Benefits

This test will allow your consultant / GP to assess how your heart responds to exercise.

Risks

The test is relatively risk free, however if patients have existing heart disease there is a small risk of having a heart attack or an abnormal heart rhythm. We have all the necessary emergency equipment in case of an emergency should it arise and experienced medical staff and doctors are available during this test.

Alternatives

There are alternative tests available should you not be able to perform this test due to mobility factors. Please discuss with your referring doctor.

Information for patients

Prior to the Test

Please eat a light meal only, and at least **TWO** hours before your appointment.

If you are prescribed a Beta Blocker such as Atenolol, Bisoprolol or Metoprolol, you may be required to stop taking these prior to the test. Please check with the Department before your appointment if you are not sure. All other medication should be taken as usual. Please bring a list of all your medications with you.

Please allow approximately 45 minutes for your appointment, in order to prepare you for the test, your exercise and then for you to rest before you go home. You may prefer a relative or friend to drive you to and from your appointment following the Exercise Test.

Reference Section

Should you require further information regarding heart investigations you may find the following websites useful.

The British Cardiac Society
www.bcs.com

The British Heart Foundation
www.bhf.org.uk

Contact Details for Further Information

Should you have any questions before the examination or during the time you are being monitored, please telephone the Cardiology Department:

At Diana Princess of Wales Hospital, Grimsby
Telephone number: 03033 303815

At Scunthorpe General Hospital
Telephone No: 03033 302815

Any Comments, Compliments, Concerns or Complaints

If you have any other concerns please talk to your nurse, therapist or doctor. Our Patient Advice and Liaison Service (PALS) are available on 03033 306518 (Grimsby, Scunthorpe and Goole). You can also contact nlg-tr.PALS@nhs.net

As a Trust we value equality of access to our information and services, therefore alternative formats available on request at nlg-tr.interpreters@nhs.net

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Author: Chief Cardiac Physiologist



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