

More information

If you have any questions, please contact the Cardiology/ECG Department.

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A lifetime of specialist care

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Royal Brompton & Harefield **NHS**
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Exercise tolerance (stress) test

إذا كنت ترغب في الحصول على ترجمة فورية لمضمون هذه الوثيقة إلى اللغة العربية، يرجى منك الاتصال بأحد مستخدمينا بجنحة المصلحة التي يتم فيها استشفائك. أحد موظفينا سيسعى لترتيب إجراءات الترجمة وإتمامها في الوقت المناسب لك.

Brosurteki bilginin Türkçe tercemesi için tedavi görüyor olduğunuz bölüme basurunuz. Bölüm personeli tercemenin gerçekleşmesini en kısa zamanda ayarlayacaktır.

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If you have concerns about any aspect of the service you have received in hospital and feel unable to talk to those people responsible for your care, call PALS on 01895 826 572 or email pals@rbht.nhs.uk. This is a confidential service.

This leaflet gives information about your Exercise Tolerance test. The Exercise Tolerance test is also called a Stress test. The leaflet does not replace personal advice from a healthcare professional. Please ask staff in the Cardiology/ECG department if you have any questions.

What is an Exercise Tolerance test?

The Exercise Tolerance test (Stress test) checks your heart while you walk and run on a treadmill.

The test takes about 30 minutes and is carried out by two cardiac physiologists.

Why do I need the test?

The test helps your doctor learn more about your heart during exercise.

You may have the test to screen for coronary artery disease. You may also have the test if you have had chest pain or breathlessness, or after a heart operation.

What to bring for the test

Wear flat, comfortable shoes or trainers, and loose clothing.

If you want to have a shower after the test, bring a change of clothes and toiletries.

Before the test

You will need to take off your clothes from above your waist, and wear a hospital gown.

A physiologist will put 10 electrodes on to your chest. The electrodes are small, sticky patches, connected to a monitor with leads.

The monitor will record your heart's rhythm and electrical activity. Monitoring your heart with electrodes is called an electrocardiogram (ECG).

A physiologist will stay with you during the test. If you have any questions, please ask him/her.

Your Exercise Tolerance test (Stress test)

For the test, the physiologists will monitor your heart at rest, and then monitor your heart during exercise.

Monitoring your heart at rest

The physiologist first monitors your heart while you are sitting down. He/she will also put a blood pressure cuff around your arm, to measure your blood pressure during the test.

Monitoring your heart during exercise

After monitoring your heart at rest, the physiologist will ask you to walk on a treadmill. He/she will explain what to do.

You walk on the treadmill, slowly at first. Every three minutes the treadmill gets slightly steeper and faster, and your heart works harder.

Depending on your ability, you walk on the treadmill for about 15 minutes. After 15 minutes the treadmill slows down gradually.

If you feel any pain or discomfort you can ask the physiologist to stop the treadmill.

It is important to wait until the treadmill has come to a complete stop before you step off.

After the test

You can freshen up or have a shower before you go home. There is a shower and changing area in the Cardiology/ECG department.

Test results

The physiologist will send your test results to the doctor who requested the test.

The doctor will go through the results and may arrange further appointments, if necessary.