

Patient information

Exercise Tolerance Testing

Aintree - Cardiac Centre

What is an exercise tolerance test?

This is a test which monitors the electrical activity of your heart whilst you are exercising.

Patient preparation

1. You will be able to have a light meal a few hours before the test (e.g. sandwich).
2. You may be asked to stop some of your tablets for one or two days before the test. This information will be on your appointment letter.
3. Please wear comfortable, well-fitting footwear.

If you have any questions regarding your medication please contact the cardiology laboratory on Tel: 0151 529 2700.

How is the test performed?

1. A technician will place small sticky pads (electrodes) on to your chest and connect you to a monitor.
2. You will be asked to walk on a treadmill.

The exercise starts at a very easy pace, and is gradually made more strenuous by increasing the speed and slope of the treadmill every three minutes.

3. Whilst you are exercising heart tracing are recorded and you will have your blood pressure measured every two minutes.
4. A physiologist/ specialist nurse will supervise the test and you will be asked to tell the physiologist/ specialist nurse if you develop chest pain, shortness of breath or if you feel dizzy or light-headed.
5. The test will stop when you have reached a target heart rate or if you are no-longer able to continue with the test.
6. You will be monitored for a short period after the test to ensure your heart rate and blood pressure has returned to normal.

Is the test safe?

Serious complications during an exercise test are very uncommon.

You may develop chest pain, shortness of breath, dizziness or light-headedness.

There is a small risk of falling on the treadmill should you stop suddenly without advising the staff that you need to stop.

There is a very small risk that during the test you could have a heart attack or develop a serious disturbance of the rhythm of your heart.

A doctor is available to allow treatment of these events should they occur.

You will be asked to sign a consent form to confirm that you agree to have the test done.

What happens after the test?

The supervising specialist nurse/ physiologist will write a report which will be sent to the doctor that you see at the hospital.

The results will then be discussed with you at your next outpatient appointment with your consultant.

Feedback

Your feedback is important to us and helps us influence care in the future.

Following your discharge from hospital or attendance at your outpatient appointment you will receive a text asking if you would recommend our service to others. Please take the time to text back, you will not be charged for the text and can opt out at any point. Your co-operation is greatly appreciated.

Further information

**If you have any questions about the test please contact the department
Tel: 0151 529 2700**

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All Trust approved information is available on request in alternative formats, including other languages, easy read, large print, audio, Braille, moon and electronically.

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