

# Exercise stress test

## Information for patients, parents and guardians

This leaflet provides information about your child's forthcoming appointment so that you know exactly what to expect and can help prepare your child. We'll go into more detail during the appointment and you'll both be able to ask any questions that you may have.

### Having an exercise stress test

An exercise stress test aims to assess your child's tolerance and response to exercise. This test is also referred to as an 'exercise tolerance test' or just an 'exercise test'.

### Preparing for the appointment

Your child should continue to take all of their usual medications, unless stated otherwise in the appointment letter. They'll need to wear clothes and footwear suitable for doing exercise and you'll need to bring a list of their current medication with you to the appointment. On the day your child should come in well rested.

It's advisable that they avoid drinks with caffeine in (such as tea, coffee, cola and energy drinks) as they may affect the results. Other fluids can be continued up to the start of the test, but they shouldn't eat a heavy meal within two to three hours of the test.

If your child is female and they are (or could be) pregnant, then contact the department as it may not be advisable to proceed with the test.

### At the appointment

During the appointment stickers (called electrodes) will be put onto your child's chest to monitor their heart rate and rhythm. We'll also take their blood pressure during the test.

For this test they'll be asked to walk on a treadmill which begins at a gentle speed and incline. We'll encourage them to walk for as long as they can on the treadmill whilst their body's response to exercise is assessed. They'll need to exercise to the best of their ability, but there is no set end point to the test.

When they have completed the exercise they'll be monitored whilst they rest and their body recovers. We recommend that you both remain in the department waiting room for 20-30 minutes after the test to allow them time to fully recover.

## The results

We'll send the results to the doctor who requested the test, which may be your child's GP or a hospital consultant. You may be given the results of this test during your child's next clinic appointment with their hospital consultant. Alternatively the results may be sent back directly to your child's GP. If you are unsure please ask during your appointment.

## Further information

If you need help getting to the appointment please contact your GP surgery so they can arrange hospital transportation for you both.

If you would like further information please contact the non-invasive cardiology department on **023 8120 6404**. Alternatively you can visit our website at **www.uhs.nhs.uk** and search for '**non-invasive cardiology**'.

For a translation of this document, or a version in another format such as easy read, large print, Braille or audio, please telephone **0800 484 0135** or email [patientsupporthub@uhs.nhs.uk](mailto:patientsupporthub@uhs.nhs.uk)

For help preparing for your visit, arranging an interpreter or accessing the hospital, please visit [www.uhs.nhs.uk/additionalsupport](http://www.uhs.nhs.uk/additionalsupport)

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