

## Patient information factsheet

### Exercise stress test

**This leaflet provides information about your forthcoming appointment so that you know exactly what to expect. We'll go into more detail during your appointment and you'll also be able to ask any questions that you may have.**

#### Having an exercise stress test

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

#### Preparing for your appointment

You should continue to take all of your usual medications, unless stated otherwise in your appointment letter. You'll need to wear clothes and footwear suitable for doing exercise and bring a list of your current medication with you to your appointment. On the day you should come in well rested. It's advisable that you 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. Don't eat a heavy meal within two to three hours of the test.

If you are (or could be) pregnant, then contact the department as it may not be advisable to proceed with the test.

#### At the appointment

During your appointment stickers (called electrodes) will be put onto your chest to monitor your heart rate and rhythm and we'll also take your blood pressure during the test. Some men may need to have a small area of their chest shaved in order for the electrodes to stick to the skin.

For this test you will be asked to walk on a treadmill which begins at a gentle speed and incline. You will be encouraged to walk for as long as you can on the treadmill whilst your body's response to exercise is assessed. You'll need to exercise to the best of your ability, but there is no set end point to the test. When you have completed the exercise you'll be monitored whilst you rest and your body recovers. We recommend that you then remain in the department waiting room for 20-30 minutes after the test to allow yourself time to fully recover.

#### Your results

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

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## Further information

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

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)