

Exercise Tolerance Test (ETT)

Cardiac Investigations Department

The prevention of infection is a major priority in all healthcare and everyone has a part to play.

- Please decontaminate your hands frequently for 20 seconds using soap and water or alcohol gel if available
- If you have symptoms of diarrhoea and/or vomiting, cough or other respiratory symptoms, a temperature or any loss of taste or smell please do not visit the hospital or any other care facility and seek advice from 111
- Keep the environment clean and tidy
- Let's work together to keep infections out of our hospitals and care homes.

Introduction

This leaflet provides you with all the key information about your upcoming appointment, so you will know exactly what to expect. We will explain everything in more detail during your appointment, and you will have time to ask any questions.

What is an Exercise Tolerance Test (ETT)?

An Exercise Tolerance Test (ETT), also called a treadmill test, assesses your heart's response to exercise. During the test, we monitor your heart trace and blood pressure as you walk on a treadmill which gradually increases in speed and incline.

Why do I need an ETT?

You may be referred for this test for a number of reasons including shortness of breath and chest pain during exercise. The test offers important information about changes in your heart's rhythm or blood supply during exercise, which may not be detectable on a resting electrocardiogram (ECG). This can aid the diagnosis of conditions like arrhythmias and coronary artery disease.

Risks

The risk of the test is no different to performing exercise outside of the hospital. The test aims to replicate the changes which occur with exercise but in a safe and controlled environment.

How do I prepare for the test?

In preparation for your exercise tolerance test:

- Continue taking your normal medications unless informed otherwise by your doctor
- Eat and drink as normal, but we recommend that you do not consume a large meal less than two hours before the test, as it may cause discomfort during exercise
- Wear comfortable clothing and appropriate footwear (e.g. trainers) for walking on the treadmill. We recommend a top and trousers as we will need to attach ECG stickers to your chest and a blood pressure cuff to your arm

- Avoid using body lotions or creams on your chest as these can prevent the stickers from adhering to the skin
- Please arrive on time for your appointment, allowing adequate time for parking and checking in at reception
- If you require a chaperone or interpreter for the test, please contact the Cardiac Investigations Department beforehand

What should I expect during the test?

- The appointment will last approximately 30 minutes, this will involve an explanation of the test, preparation, the exercise itself, and recovery. However, the duration will depend on factors including your exercise capacity
- You will be asked to remove your clothing from the waist up and change into a hospital gown. Your chest will be cleaned (and shaved if needed) and ECG stickers will be attached to your chest. The ECG monitor will be worn on a belt around your waist, and a blood pressure cuff will be fitted to your arm
- Before the exercise phase, you will sit on the couch whilst your ECG and blood pressure are recorded
- You will be asked to walk on a treadmill which will gradually increase in speed and incline. Your ECG and blood pressure will be monitored continuously. Please tell the team if you experience any symptoms during this time
- You will be encouraged to exercise for as long as possible to collect enough diagnostic information, but you can stop the test at any time. The test may be stopped when your heart rate target is achieved, or for safety reasons including significant ECG or blood pressure changes
- After the exercise phase, you will rest on the couch until your ECG and blood pressure have recovered. Then the equipment will then be removed, and you will be allowed to leave

When will I receive my results?

You will not receive your results on the day of the test. Your test results will be sent to the doctor who requested the test, this may be your GP or consultant at New Cross Hospital. Your doctor will then contact you and you will have the opportunity to discuss your results.

Contact Information

If you have any questions, please contact the Cardiac Investigations Department.

Address: Cardiac Investigations Department (B4), New Cross Hospital

Telephone: 01902 694220

Opening Hours: Monday – Friday 08:00-17:00

English

If you need information in another way like easy read or a different language please let us know.

If you need an interpreter or assistance please let us know.

Lithuanian

Jeigu norėtumėte, kad informacija jums būtų pateikta kitu būdu, pavyzdžiui, supaprastinta forma ar kita kalba, prašome mums apie tai pranešti.

Jeigu jums reikia vertėjo ar kitos pagalbos, prašome mums apie tai pranešti.

Polish

Jeżeli chcieliby Państwo otrzymać te informacje w innej postaci, na przykład w wersji łatwej do czytania lub w innym języku, prosimy powiedzieć nam o tym.

Prosimy poinformować nas również, jeżeli potrzebowałiby Państwo usługi tłumaczenia ustnego lub innej pomocy.

Punjabi

ਜੇ ਤੁਹਾਨੂੰ ਇਹ ਜਾਣਕਾਰੀ ਕਿਸੇ ਹੋਰ ਰੂਪ ਵਿਚ, ਜਿਵੇਂ ਪੜ੍ਹਨ ਵਿਚ ਆਸਾਨ ਰੂਪ ਜਾਂ ਕਿਸੇ ਦੂਜੀ ਭਾਸ਼ਾ ਵਿਚ, ਚਾਹੀਦੀ ਹੈ ਤਾਂ ਕਿਰਪਾ ਕਰਕੇ ਸਾਨੂੰ ਦੱਸੋ।

ਜੇ ਤੁਹਾਨੂੰ ਦੁਭਾਸ਼ੀਏ ਦੀ ਜਾਂ ਸਹਾਇਤਾ ਦੀ ਲੋੜ ਹੈ ਤਾਂ ਕਿਰਪਾ ਕਰਕੇ ਸਾਨੂੰ ਦੱਸੋ।

Romanian

Dacă aveți nevoie de informații în alt format, ca de exemplu caractere ușor de citit sau altă limbă, vă rugăm să ne informați.

Dacă aveți nevoie de un interpret sau de asistență, vă rugăm să ne informați.

Traditional Chinese

如果您需要以其他方式了解信息，如易读或其他语种，请告诉我们。

如果您需要口译人员或帮助，请告诉我们。