

## **EXERCISE ECG TEST**

**Please read these guidance notes carefully before attending for your Exercise ECG Test**

- The whole procedure for the exercise ECG should take about 45 minutes
- It is advisable not to have a heavy meal before this procedure
- **It is advisable to wear flat comfortable shoes or trainers and take a change of clothes**
- If you are taking any “heart slowing pill” (Beta blockers) you should consult your own doctor before going for the test. **Under no circumstances stop medication.**

The Exercise ECG is used to monitor your heart activity, blood pressure and recovery time following a period of exercise. The latter stages of the test do require some degree of effort; however the test will of course be stopped if any distress develops.

You will be asked to walk on a treadmill whilst your heart activity is constantly monitored. Before the test starts you will have electrodes attached to your chest in order to monitor your heart's activity. In some instances, men may require the shaving of a small amount of chest hair to obtain optimal contact between the electrodes and the skin.

After every 3 minutes of walking, the speed and slope of the treadmill will increase. You will never be asked to exercise longer than 15 minutes.

Throughout the test, technicians will be present to check your blood pressure and heart rate and to encourage and reassure you.

During the test you will be asked to tell the technician if you have any symptoms of distress or difficulty.

**If, for any reason, you will not be able to attend your appointment, please advise us (and the examining centre) as soon as possible.** You will appreciate that the technicians and other medical professionals involved have additional obligations and that they need to be notified so that the time set aside can be released.

**Principle Medical Services are responsible for the payment of this test. If asked for payment details please ask that they contact our offices on the above number.**