

INFORMATION FOR PATIENTS

Exercise treadmill test

This leaflet gives you information and instructions about the test that has been booked for you.

What is an exercise treadmill test?

It is a walking test designed to monitor your heart's response to exercise and your blood pressure. You will be required to **walk** on a treadmill whilst your heart tracing and blood pressure are monitored.

Why do I need this test?

The test can be used to investigate coronary heart disease. This disease is due to narrowing of the coronary arteries. It can cause chest pains (angina) and other problems [1]. Occasionally we use this test to assess other conditions including heart valve problems.

How long will the test take?

Overall the test may take up to 45 minutes. This includes explanation and preparation for the test, walking on the treadmill and a rest period.

What does the test involve?

You will be asked to undress to the waist to allow access to your chest, gowns are available. You may bring a friend or relative in with you whilst you are undressing and during the preparation for the test if you wish. Two staff members are always present during the test.

Ten stickers with wires will be attached your chest.

These will be used to monitor your heart rate and rhythm during the test. A cuff will be placed on your arm to monitor your blood pressure.

The exercise starts at a very easy pace, and is gradually made more strenuous by increasing the speed and incline of the treadmill. You will walk on the treadmill for as long as you can. We may ask you to stop if we see changes that require the test to end.

How long will I be expected to walk for?

You will be encouraged to walk for as long as you feel you can. This length of time is different for each individual person. The maximum time is about 15 minutes.

How will I feel?

You may become breathless and/or experience your usual chest discomfort. Very occasionally patients feel dizzy.

Is the test safe?

The test is generally safe. The overall risk from the test is small with very low chances of more serious complications like heart attack (1 in 10,000) and serious abnormal heart rhythms (1 in 5000) [2].

Your safety is our top priority and you will be monitored very closely during and after the test by our team. You will only be allowed to go home once we are satisfied that you have recovered from the test.

What should I wear?

Please wear sensible shoes which you find easy to walk in, preferably ones with a flat sole. You should wear something comfortable.

What about my medication?

Your doctor may request that you stop certain medications before the test; this will be stated on your appointment letter. Otherwise continue to take all of your medications as normal. If requested to stop taking your **Beta-Blocker** - if you are not sure whether you take this type of medication, please contact us.

Please bring a list of all your medications with you.

What happens after the test?

Once the test is completed you will be asked to remain in the department waiting area for a further 10 minutes before going home. There is a shower in the department should you wish to use it, however, please bring your own toiletries and towel if you would like to do so.

Will I be given the results?

The results will be passed onto the consultant who requested the test. You will be given the results at your next outpatient appointment.

What if I need hospital transport?

If you need hospital transport due to medical reasons you will need to arrange this by using one of the following numbers:

- Nottinghamshire/Leicester: 0345 266 9662
- Derbyshire: 0300 300 3434
- Lincolnshire: 0843 357 1556

Contact details

Cardiorespiratory and Vascular
Department: **01623 672259**.

We have departments at Clinic 4 in King's Mill Hospital, and via the Eastwood Centre at Newark Hospital.

Sources of information

[1] Chest pain of recent onset; NICE Clinical Guideline (March 2010, updated Nov 2016)

[2] Hill J, Timmis A; Exercise tolerance testing. BMJ. 2002 May; 324(7345):1084-7.

Further sources of information

NHS Choices: www.nhs.uk/conditions

Our website: www.sfh-tr.nhs.uk

Patient Experience Team (PET)

PET is available to help with any of your compliments, concerns or complaints, and will ensure a prompt and efficient service.

King's Mill Hospital: 01623 672222

Newark Hospital: 01636 685692

Email: sfh-tr.PET@nhs.net

If you would like this information in an alternative format, for example large print or easy read, or if you need help with communicating with us, for example because you use British Sign Language, please let us know.

You can call the Patient Experience Team on 01623 672222 or email sfh-tr.PET@nhs.net.

This document is intended for information purposes only and should not replace advice that your relevant health professional would give you.

External websites may be referred to in specific cases. Any external websites are provided for your information and convenience. We cannot accept responsibility for the information found on them.

If you require a full list of references for this leaflet, please email sfh-tr.patientinformation@nhs.net or telephone 01623 622515, extension 6927.

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