

INFORMATION FOR PATIENTS

Vascular exercise test

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

What is a vascular exercise test?

It is a walking test designed to monitor the response of your leg arteries to exercise. You will be required to **walk** either on a treadmill or a corridor. Blood pressure in the arms and legs is monitored before and after the test. A small Doppler ultrasound probe will be used to monitor blood flow.

How long will the test take?

Overall, the test may take up to 45 minutes. This includes explanation and preparation for the test, the walking phase and blood pressure readings after the test.

How long will I be expected to walk for?

You will be encouraged to walk for as long as you feel you can, up to a maximum of 5 minutes. This length of time is different for each individual person.

Are there any risks?

There may be mild discomfort from the blood pressure cuffs when they inflate. If you suffer from leg pains when walking, you may experience these during the test.

The Doppler ultrasound is painless and without side effects. It does not use radioactivity.

What should I wear?

You should wear comfortable clothes. We will need to get access to your upper arms and your legs. Please wear sensible shoes which you find easy to walk in, preferably ones with a flat sole that are easy to remove.

What happens after the test?

Once the test is completed you may need to have a vascular ultrasound scan if time allows, or one may be arranged for a later date.

When will I be given the results?

The results will be passed onto the doctor 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 numbers below:

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

Contact details

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

If the appointment given is not suitable,
please contact us.

Please note this test is not available at
Newark Hospital.

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.

To be completed by the Communications office
Leaflet code: PIL202510-06-VET
Created: December 2017 / Revised: October 2025 /
Review Date: October 2027