

Exercise ECG/EKG Stress Test

This pamphlet is for educational purposes only. It is not intended to replace the advice or professional judgment of a health care provider. The information may not apply to all situations. If you have any questions, please ask your health care provider.

Find all patient education resources here:
www.nshealth.ca/patient-education-resources

Connect with a registered nurse in Nova Scotia any time:
Call 811 or visit: <https://811.novascotia.ca>

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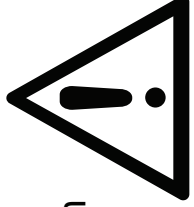
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To be reviewed March 2029 or sooner, if needed.
Learn more: <https://library.nshealth.ca/patient-education-resources>

**Please arrive 30 minutes
before your appointment.**

Aussi disponible en français :
FF85-2095

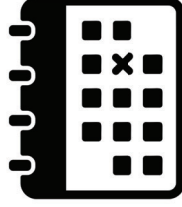
Tell the technologist and/or doctor right away if you have:

- › Arm or jaw pain
- › Chest discomfort and/or pain
- › Dizziness
- › Nausea (upset stomach)
- › Shortness of breath or trouble breathing
- › Tiredness



When will I get the test results?

- After your test, the health care provider will:
 - › Go over the results with you
 - › Give you instructions on following up with your primary health care provider (family doctor or nurse practitioner) if you need more tests



- The health care provider who ordered the test will get the results within a few days.

Exercise ECG/EKG Stress Test

What is an exercise ECG/EKG stress test?

- An **exercise ECG/EKG (electrocardiogram) stress test** measures your heart's response to activity. It is sometimes called an **exercise test** or a **treadmill test**.

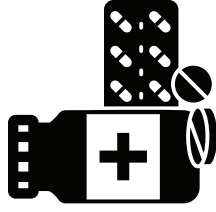
Why is this test done?

- An exercise ECG/EKG stress test is done to:
 - › Help your health care provider find out if your heart is getting enough blood flow
 - › Show how much activity you can do (also called **functional class**)
 - › Show if you have an arrhythmia (a problem with your heart rate or rhythm)

What are your questions?

Please ask a member of your health care team. We are here to help you.

How do I get ready for the test?



- Bring all your medications (including prescription and over-the-counter products, inhalers, creams, eye drops, patches, herbal products, vitamins, and supplements), or a list of your medications, with you to your appointment.
- Take your medications as usual, unless your health care provider has given you other instructions.
- Dress in loose-fitting clothes.
- Wear comfortable walking shoes with a good grip.
- The technologist and/or doctor will talk with you about any risks of the test.
- You will be asked to sign a consent form.
- You can eat before your test. We suggest eating a light meal because you will be exercising.

How long does the test take?

- The test usually takes 30 to 45 minutes.

How is the test done?

- A technologist and/or doctor will be with you during the test.
- We will put electrodes (sticky patches that conduct electricity) on your chest. They are connected by wires to a monitor. This lets us watch your heart's rate and rhythm, and check for any abnormalities during the test.
- You will step onto a treadmill and the health care provider will ask you to start walking. The speed and incline (angle) of the treadmill will slowly increase.
- We will check your blood pressure before, during, and after the test.