

Exercise ECG Stress Test

Please arrive 30 minutes before
your appointment time.

Exercise ECG Stress Test

What is an exercise ECG stress test?

- An exercise ECG (electrocardiogram) stress test measures your heart's reaction to physical activity. It is sometimes called an exercise test or treadmill test.

Why is the test done?

An exercise ECG stress test is done to:

- Help your doctor see if your heart is getting enough blood.
- Show how much activity you are able to do.
- Show if you have an arrhythmia (a problem with the rate or rhythm of your heart).

How do I get ready for the test?

- Please bring your medications or a list of your medications to your appointment.
- Take your medications as usual unless your health care provider has given you other instructions.
- Dress in loose-fitting clothing.
- Wear comfortable walking shoes.
- The doctor will talk about any risks of the test with you.

- You will be asked to sign a consent form.
- You can eat before your test, but because you will be exercising, we suggest eating a light meal.

How long does the test take?

- It usually takes 30-45 minutes.

How is the test done?

- A technologist and/or doctor will be with you during the test.
- Electrodes (sticky patches that conduct electricity) similar to those used for an ECG will be placed on your chest. They are connected by wires to a monitor. This lets us watch your heart's rhythm very closely during the test.
- You will step onto the treadmill and walk according to the instructions you are given. We will adjust the speed and incline of the treadmill.
- We will check your blood pressure before, during, and after the test.

Tell the technologist and/or doctor if you feel:

- › chest discomfort, jaw pain, or arm pain
- › sick to your stomach
- › dizzy
- › short of breath
- › too tired to go any further

When will I get the test results?

- Your family health care provider will have the results of the test in a few days. They will go over the results with you.

Please feel free to ask any questions or raise any concerns you may have with the technologist or doctor. We are here to help you.

Looking for more health information?

Find this pamphlet and all our patient resources here: <http://library.nshealth.ca/PatientGuides>

Contact your local public library for books, videos, magazines, and other resources.

For more information, go to <http://library.novascotia.ca>

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

Learn about other programs and services in your community: call 211 or visit <http://ns.211.ca>

Nova Scotia Health Authority promotes a smoke-free, vape-free, and scent-free environment.

Please do not use perfumed products. Thank you!

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The information is not intended to be and does not constitute health care or medical advice.

If you have any questions, please ask your health care provider.

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The information in this pamphlet is to be updated every 3 years or as needed.