



### Why an exercise stress test?

An exercise stress test may be requested by your doctor if you suffer from chest pain (angina), chest tightness, shortness of breath, dizzy spells or palpitations on exertion; It is also useful for assessing the blood pressure response to exercise, and the efficacy of medication when treating high blood pressure and other cardiac disorders. The test is used for assessing patients who have had a heart attack, who have undergone or are about to undergo coronary artery bypass surgery or coronary artery angioplasty

### What happens?

Before undertaking the test, you will be asked to complete a questionnaire and sign a consent form. The test will involve walking on a treadmill whilst attached to an ECG monitor.



The exercise programme is for 15 minutes but this depends on your age and physical ability. Not everyone completes this time. Your ECG and blood pressure will be monitored and recorded continuously throughout and for between five and ten minutes after the test

### Risks

Some patients may experience palpitations, chest pain, dizziness, high or low blood pressure, headache or faint feeling, leg pains, flushing or a heart attack but this is very rare

### Preparation

Comfortable clothing, soft sole shoes or trainers should be worn with trousers or shorts for men and a loose skirt or trousers for women

If your test is scheduled for the morning a light breakfast can be eaten. If your test is booked for the afternoon a light lunch can be eaten. Do not eat anything heavy for at least an hour prior to the test

### Should I continue taking my medicine?

Always check with your doctor about taking your medication on the day of the test. Bring all current medication with you on the day of the test. However, if you are taking beta-blockers, it is usual to stop these 24 hours prior to taking the test

### When will I get the results of the test?

The results of the test will be sent to your doctor within 24-48 hours. Your doctor will discuss these with you

For further information please contact the Cardiology Department

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