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# Exercise Tolerance Testing

## Cardiology – Clinical Measurements Department



## What is an Exercise Tolerance Test?

An exercise tolerance test (ETT) is a procedure to determine the cause of your symptoms such as chest pain, shortness of breath, dizziness, and / or palpitations. It is a good indicator of ischaemia (narrowing of the coronary arteries) within the heart.

## How do I prepare for the test?

It is advisable to eat a light meal 4 hours prior to the test. If the test is scheduled for first thing in the morning then a light breakfast is probably best. You will need to wear light and loose fitting clothing with comfortable walking shoes, as you will be required to walk briskly on a treadmill. Please do not apply creams or lotions on your skin prior to the test, and please do not wear a sports bra. You may wish to bring a drink with you. You should continue with your usual medications unless otherwise advised.

## What does the test involve?

You will be asked to remove your clothes to your waist and put on a hospital gown (if required). Ten sticky electrodes will be fitted onto your chest like an electrocardiogram (ECG) (some men may need to have this area shaved) and a blood pressure (BP) cuff will be attached to one arm. Your BP will be measured before starting the test and every three minutes during exercise or as needed.

The test requires you to walk on a treadmill at different interval stages. Every three minutes the treadmill will get a little faster and

steeper. You will need to inform the physiologists if you have any symptoms during the test. It is important to walk on the treadmill for as long as you can to enable the consultant to gain as much information as possible.

## What happens after the test?

The results will be sent to the Consultant who requested the test. The results will be reviewed and a letter will be sent to your General Practitioner (GP) advising them of the results. You will receive a copy of this letter. This may take 2-4 weeks. If you have not received your letter within 6 weeks, please contact your GP.

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### Further Information

We endeavor to provide an excellent service at all times, but should you have any concerns please, in the first instance, raise these with the Manager or Cardiac Physiologist/s on duty. If they cannot resolve your concern, please contact our Patient Experience Team on 01932 723553 or email [asp-tr.patient.advice@nhs.net](mailto:asp-tr.patient.advice@nhs.net). If you remain concerned, the team can also advise upon how to make a formal complaint.

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