

### **WHAT IS AN EXERCISE TEST?**

The test involves walking on a treadmill at a set speed and slope that will increase at regular intervals. If you have never been on a treadmill before we will provide a demonstration before starting the test.

Your heart rate and rhythm will be continuously monitored throughout the test using an Electrocardiogram (ECG); this involves placing electrodes (sticky pads) across your chest to which wires are attached. Your blood pressure will also be recorded.



### **HOW LONG WILL THE TEST TAKE?**

The length of time you are on the treadmill will vary depending upon your capabilities but may last up to 20 minutes.

The whole test including preparation time will last approx. 30-40mins .

### **SHOULD I STOP MY MEDICATION?**

All medication should be taken as normal prior to the test unless your Doctor instructs you otherwise.

### **WHAT SHOULD I WEAR?**

Preferably loose fitting clothes and sensible shoes (e.g. trainers) that you are comfortable exercising in. A gown can be provided if required.

### **CAN I HAVE A MEAL BEFORE THE TEST?**

Please eat and drink as normal before the test, but avoid a heavy meal one hour prior to the test.



### **WHAT HAPPENS AFTER THE TEST?**

You will be monitored for at least 6 minutes after coming off the treadmill. There are no restrictions to your activity after the test, however if you feel particularly fatigued we do advise having a short rest after the test.

### **WILL I BE GIVEN THE RESULTS?**

The physiologist is unable to give you any report at this stage as the results have to be reviewed by a Doctor.

The results are entered in your case notes for your next out-patient appointment. If there is anything that requires urgent attention, your doctor is made aware immediately.

### WHAT IF THE APPOINTMENT IS NOT CONVENIENT?

If your appointment is not suitable please let us know by phoning the East Midlands Congenital Heart Centre between 08:30 and 16:00 Mon – Fri and we will do our best to rearrange.

#### Direct Dial Numbers:

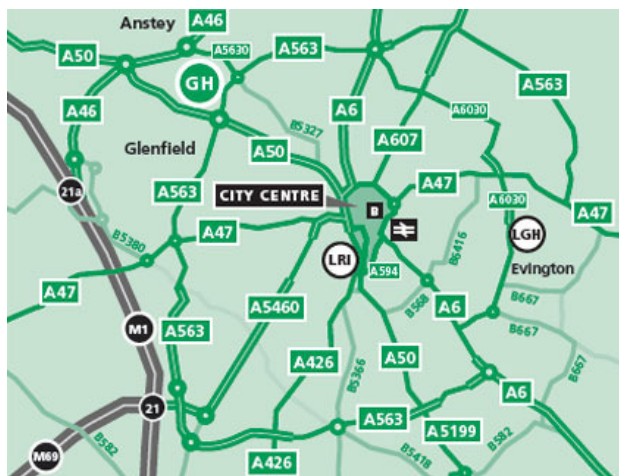
Reception Desk: 0116 256 3926

#### CORRESPONDENCE

Cardiac Physiologist,  
East Midlands Congenital Heart Centre,  
Glenfield Hospital,  
Groby Road,  
Leicester,  
LE3 9QP

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### HOW DO I FIND THE HOSPITAL?



The Glenfield Hospital is situated 6 miles South East of M1 Junction 22 and 2 ½ miles North West of Leicester city centre on A50.

Access directly from roundabout.

### HOW DO I FIND THE DEPARTMENT?

The department is situated on the first floor of the hospital next to Ward 30. Access is easiest via the South Entrance, but can be accessed from Main Entrance. Please follow the signs for the East Midlands Congenital Department.

University Hospitals of Leicester  
NHS Trust



## East Midlands Congenital Heart Centre

### Exercise Tolerance Test



Tel: 0116 256 3926