

# Your Exercise Tolerance Test

Diagnostic Cardiology Department

## Why do I need this test?

Your doctor has recommended you have an exercise tolerance test. This test monitors the flow of blood within your heart as you exercise. It is usually done to help us find the cause of your chest pain. It can also be done if you already have heart problems and we want to know how well you tolerate exercise.

We will contact you with a date and time for your appointment. If you have not been contacted within 4 business days, please call your hospital and ask to speak to someone in the Diagnostic Cardiology Department.

## My appointment is:

Date: \_\_\_\_\_

Time: \_\_\_\_\_

Hospital: \_\_\_\_\_

It is best to arrive at the hospital 15 minutes before your appointment.

Please go to the **Diagnostic Cardiology Department** of the hospital.

Your appointment can take up to two hours.

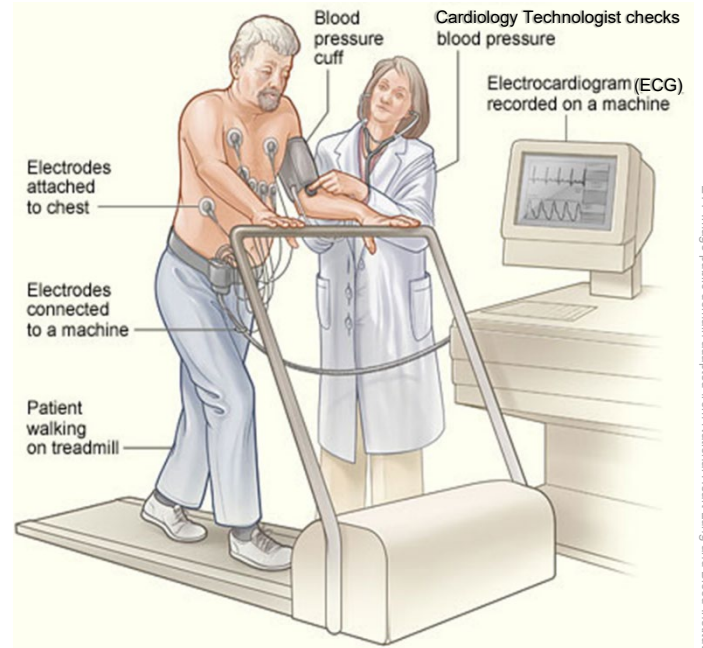
## How do I prepare for my test?

Please do not have anything to eat or drink for 2 hours before your test. Your doctor will tell you if you need to stop taking any medications.



Wear clothing and shoes that are comfortable for exercising (runners). No sandals or high heels.

Please do not wear lotions, perfumes, or talcum powder. You can wear deodorant.



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## What can I expect?

A cardiology technologist attaches sticky sensors (called electrodes) to your chest. The electrodes are attached to cables that go to an electrocardiogram (ECG) machine.

Note: If you have hair on your chest, we might need to shave your chest in the places where we put the electrodes.

We place a blood pressure cuff on your arm.

We ask you to walk on a treadmill. Every 3 minutes, the speed and slope of the treadmill will increase and you will need to walk more quickly.

As you walk, we check your heart rate. Your blood pressure is monitored. The ECG machine records your heart's rhythm and electrical activity.

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