

# Exercise Tolerance Test (ETT)

## Information:

Your doctor has requested that you have a test called an Exercise Tolerance Test (ETT).

This is a recording of your heart activity while you walk on a treadmill.

There are several reasons for an ETT, for example to help diagnose Angina / Coronary Artery Disease if you have been experiencing chest pain or tightness, or shortness of breath. It can also be requested to assess abnormal heart rhythms or other symptoms relating to exercise. Also for screening to assess effectiveness of medications. These are the most common indications.

## Before the test:

Some heart medications may need to be stopped one or two days prior to the test – you will be advised of this with your appointment.

Please refrain from a heavy meal before the test. Also refrain from caffeine, cigarettes or alcohol for 4 hours before the test. Also refrain from heavy exercise 2 hours prior.

Please wear comfortable clothing appropriate for exercising, including adequate walking shoes.

On arrival you will be given a consent form to read and sign. This ensures you are fully informed about the test, including any risks involved. If you use reading glasses please remember to bring them.

The nurse / technician will require your chest to be bared for preparation (for females this includes removing your bra but you can re-dress once prepared)

Your skin will require preparation: men may require some shaving of chest hair. Skin preparation includes light abrasion with medical sandpaper and cleansing with alcohol

on the electrode sites before connecting the electrodes.

You will also be attached to a blood pressure monitor which will take your blood pressure frequently before, during and after the test.

## During the test:

You will be required to hold on to the support bars of the treadmill from the beginning. The first stage is slower than the average walking pace, walking up an incline.

Every 3 minutes the speed and incline will increase, and you will be encouraged to walk for as long as you physically can. We are trying to get your heart rate up as high as possible to get the best information we can.

You must keep the staff informed of how you are feeling – let us know if you begin to experience any chest discomfort, dizziness, shortness of breath or any other symptoms. We will keep talking to you and observing you throughout.

When you feel like you cannot continue with the test for whatever reason, it is very important to inform the staff and we will stop immediately – you're the boss. **DO NOT JUMP OFF!**

Occasionally we will stop the test before this if we feel we have sufficient information.

## After the test:

Immediately after the treadmill has stopped, we will ask you to remain standing on the treadmill for approximately 30 seconds until we can get very clear recordings. It is normal to feel wobbly and / or dizzy. We will then sit you down on the bed for a further 5 minute recovery period.

It is important to mention any further symptoms after your exercise, occasionally this happens. When you and the staff feel

that you have sufficiently recovered, you will be unhooked from the ECG.

## Results

A Physician from the hospital reviews all ETTs within approximately 2 weeks, and you will either receive a follow up appointment and / or your GP will be informed of the outcome.

The test should take maximum 30 minutes including preparation and recovery time.

If you have concerns, or believe you will not be physically able to complete the test, please contact us on 03 687 2100 extension 8758 to discuss, or contact your referring doctor. A different test may be indicated.

## Special Instructions:

## Contact:

For any queries please contact the  
Medical Investigation Unit.

Phone: 03 687 2100 Ext: 8758