



Blackrock Clinic

CARDIOLOGY DEPARTMENT

Exercise Stress Test (Stress ECG)



Blackrock Clinic

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SMALL STEPS - BIG CHANGES

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When your Experience Needs Ours

What is this test for?

This test is used to evaluate the response of the heart to exercise using a treadmill.

What happens during the test?

- You will be asked to undress to the waist; your skin will be wiped and prepared with an abrasive sheet. If necessary your chest will be shaved.
- 10 electrodes will be placed across your chest and each electrode will be attached to the ECG machine. A blood pressure cuff will also be attached. If you wish a gown or top will be provided.
- Initially an ECG and Blood pressure recording is taken at rest, if all are satisfactory we will proceed with the exercise phase.
- For exercise you typically walk on the treadmill, and the test is usually performed in a series of stages, each lasting 3 minutes. After each 3 minute stage, the resistance or speed of the treadmill is increased. Throughout your ECG and blood pressure is monitored.
- The test continues until you need to stop, reach maximum heart rate or the Physiologists feels we have reached the end.
- After the test, we ask you to sit or lie down and rest.
- Your ECG and Blood pressure will be monitored.
- Once everything has returned to normal, the electrodes are removed and the report is sent to the relevant doctor.



Preparing for the test:

Wear comfortable light clothing e.g. tracksuit legs or shorts and comfortable non slip walking shoes or trainers.

Have a light snack or drink before the procedure.
Avoid Coffee or caffeine products for 24 hours prior to the test.

PLEASE BRING THE FOLLOWING WITH YOU

- Doctors letter/ appointment card.
- A list of all your medications (please take all your medications as normal unless instructed NOT TO).
- if you are taking Beta blockers check with your doctor if you should take them before the test. Please see the list below of possible Beta blockers you might be taking.

A LIST OF COMMONLY USED BETA BLOCKERS

GENERIC NAME	BRAND NAME
Metoprolol	Betaloc/Metocor
Bisoprolol	Bisop/Cardicor/Emcor
Propranolol	Inderal/Beta-Progane
Nebivolol	Nebilet/Nebilet Plus
Sotalol	Sotacor/Sotager
Atenolol	Tenormin/Atecor/Atenomel

The test will take approximately 30-45 minutes