

Exercise Stress Test



An Exercise Stress test is used to assess the response of the heart, lungs and blood vessels to exercise. It uses the combination of exercise by walking on a treadmill and monitoring your heart rate, rhythm and blood pressures to complete the test.

What do I expect of the test?

- This test is performed in the Diagnostic Cardiology Department, Clinic C- Level 1 of the Bendigo Hospital
- A Cardiac Technologist will perform the test with supervision by a doctor. Heart rate and blood pressure monitoring will be fitted and will be assessed throughout the test
- You will be asked to walk on a treadmill, that is programmed to get faster and steeper every three minutes. If you feel unwell during the test, including experiencing chest pain, please inform the technologist. The ECG and blood pressure monitoring will be analysed prior, during and after the test
- The test (including preparation and recovery) will take approximately 30 minutes to complete.

Why do I need an Exercise Stress Echocardiogram?

- Evaluate exercise capacity in patients with unexplained shortness of breath/fatigue
- Identify exercise induced heart rhythm disturbances (arrhythmias)
- Evaluate how your heart tolerates exercise and increased activity
- Evaluate your blood pressure response to exercise
- This test may suggest you are at risk of having coronary artery disease

How to I prepare for the procedure?

- Please let our staff know if you think you may have problems that will affect your ability to exercise or complete the test. If you believe that you will not be able to walk on the treadmill, please discuss this with your doctor about rescheduling a more appropriate test
- Some medications interfere with this test so it is important to discuss your medications with us. You may be asked to withhold some of your medications for up to 48 hours prior to this test. If this is needed for your test, you will be informed when we make your

booking. If you have any concerns about your medication please discuss with your local doctor

- You are not required to fast, however it is advised to not eat a heavy meal before the test. You may become nauseous if you exercise after a meal
- If you use an inhaler for breathing difficulties, please bring it with you
- Please wear a two piece outfit such as a button through shirt and pants
- Wear comfortable shoes for walking
- Please do not wear talc, body lotion or neck chains.

When does my Doctor get my result?

A report with the results of your test will be written and sent to your referring doctor 5-7 working days from your test date.

If you have any further questions or concerns about your upcoming Exercise Stress Test, please discuss with your GP or phone the Diagnostic Cardiology Department on 5454 8017.

References:

- [MonashHeart.org.au](https://www.monashheart.org.au) - [Heartfoundation.org.au](https://www.heartfoundation.org.au) - [bendigohealth.org.au](https://www.bendigohealth.org.au)

Patient notes:

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