

When will I get the test results?

- After your test, your health care provider will:
 - › go over the results with you.
 - › give you instructions on following up with your primary health care provider (if you need more tests).
- The health care provider who ordered the test will get the results within a few days.

This pamphlet is for educational purposes only. It is not intended to replace the advice or professional judgment of a health care provider. The information may not apply to all situations. If you have any questions, please ask your health care provider.

Find this pamphlet and all our patient resources here:
<https://library.nshealth.ca/Patients-Guides>

Connect with a registered nurse in Nova Scotia any time:
Call 811 or visit: <https://811.novascotia.ca>

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Exercise ECG/EKG Stress Test

Please arrive 30 minutes
before your appointment.

Exercise ECG/EKG Stress Test

What is an exercise ECG/EKG stress test?

An exercise ECG/EKG (electrocardiogram) stress test measures your heart's reaction to activity. It is sometimes called an exercise test or a treadmill test.

Why is this test done?

An exercise ECG/EKG stress test is done to:

- › Help your health care provider find out if your heart is getting enough blood.
- › Show how much activity you are able to do.
- › Show if you have an arrhythmia (a problem with the rate or rhythm of your heart).

How do I get ready for the test?

- Bring all of your medication(s) or a list of your medication(s) to your appointment.
- Take your medications as usual, unless your health care provider has given you other instructions.
- Dress in loose-fitting clothing.
- Wear comfortable walking shoes with a good grip.
- The technologist and/or doctor will talk with you about any risks of the test.
- You will be asked to sign a consent form.

- You can eat before your test, but because you will be exercising, we suggest eating a light meal.

How long does the test take?

The test usually takes 30 to 45 minutes.

How is the test done?

- A technologist and/or doctor will be with you during the test.
- Electrodes (sticky patches that conduct electricity) similar to those used for an ECG/EKG will be placed on your chest. They are connected by wires to a monitor. This lets us watch your heart's rhythm during the test.
- You will step onto a treadmill and the doctor will ask you to walk. We will adjust the speed and incline (slight uphill) of the treadmill.
- We will check your blood pressure before, during, and after the test.

Tell the technologist and/or doctor right away if you feel:

- › Chest discomfort and/or pain
- › Jaw or arm pain
- › Sick to your stomach
- › Dizzy
- › Short of breath
- › Too tired to keep walking