



Southport and
Ormskirk Hospital
NHS Trust

PATIENT INFORMATION

Stress Testing

ECG & Physiological Measurement
Dept

EXERCISE ECG (STRESS TESTING)

Your doctor has recommended that you perform an exercise test to try and evaluate the presence and/or extent of any heart disease. The test will involve you walking on a treadmill whilst the heart is continuously monitored. The exercise will be progressively increased to test your heart.

NB – You may be asked to stop rate reducing medication ie B.Blockers, 48 hrs prior to this test, eg Atenolol, Bisoprolol, Carvedilol, Labetalol, Metoprolol, Propranolol, Sotalol, Acebutolol, Celiprolol, Nadolol, Nebivolol, Oxprenolol, Timolol, Pindolol.

This procedure is always undertaken by qualified, experienced technicians and always in the presence of a doctor. Your heart rate is continuously monitored and regular measures of blood pressure and recordings of the ECG are taken throughout the test and also during the few minutes after exercise.

You will be asked if you are developing symptoms and these will be recorded as part of the test. As the test implies, it does involve some degree of stress and you may develop some breathlessness or fatigue. This is to be expected as part of the test. In addition, some patients may also experience angina and whilst the supervising doctor will want to know immediately at the onset of angina, you may be asked to exercise a little further to establish more certainly the presence of disease.

You will be encouraged to exercise for a reasonable duration to make the test worthwhile. The test can be terminated at any time if you feel you have reached your limit and need to stop.

Exercise testing performed in this way is a low risk and invaluable method of gaining information about the heart's performance. However, there are a number of recognised side effects which on very rare occasions may occur. These are listed below:-

- Irregular pulse (arrhythmia)
- Severe angina (chest pain)
- Severe breathlessness
- Aggravation of pre-existing joint conditions (arthritis)
- Heart attack (very rare; 1 in 10,000)

If you have any concerns about your mobility or ability to perform the test, then please let the Physiologist or Doctor know. If necessary, the speed and gradient of the treadmill can be adjusted accordingly. If your mobility is significantly reduced, it may be decided not to proceed with the test.

Help us to help you by attending follow-up appointments at the hospital clinics on the date and at the time shown on your appointment card. If for any reason you are unable to attend, please let us know.

NOTES

During your contact with us, it is important that you are happy with your care and treatment. Please speak to a member of staff and/or the ward/department Sister/Charge Nurse if you have any questions or concerns.

MATRON

A Matron is also available during the hours of 9.00 to 5.00 pm Monday to Friday. During these periods, ward/department staff can contact Matron to arrange to meet with you. Out of hours, a Senior Nurse can be contacted via the ward/department to deal with any concerns you may have.

INFECTION CONTROL REQUEST

Preventing infections is a crucial part of our patients' care. To ensure that our standards remain high our staff have regular infection prevention and control training and their practice is monitored in the workplace. We ask patients and visitors to assist us in preventing infections by cleaning their hands at regular intervals and informing staff of areas within the hospital that appear soiled.

As a patient there may be times that you are unsure whether a staff member has cleaned their hands; if in doubt please ask the staff member and they will be only too happy to put your mind at ease by cleaning their hands so that you can see them.

SPECIAL INSTRUCTIONS

ANY CONDITION SPECIFIC DANGER SIGNALS TO LOOK OUT FOR:

CONTACT INFORMATION IF YOU ARE WORRIED ABOUT YOUR CONDITION

Your own GP –

OTHER USEFUL TELEPHONE NUMBERS/CONTACTS:

NHS 111

Stop Smoking Helpline (Sefton) - 0300 100 1000

Stop Smoking Helpline (West Lancashire) - 0800 328 6297

**Please call 01704 704714 if you need
this leaflet in an alternative format**

Southport and Ormskirk Hospital NHS Trust

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Tel: (01704) 547471

FOR APPOINTMENTS

Telephone (01695) 656680
Email soh-tr.appointments@nhs.net

Please remember to complete the **attached** *Friends and Family Test*.

Alternatively, you can complete the *Friends and Family Test* on-line by going to: southportandormskirk.nhs.uk/FFT

Thank you

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