



NEWCASTLE ADULT & PAEDIATRIC HEART CENTRE ECHOCARDIOGRAPHY

CONSUMER INFORMATION

EXERCISE STRESS TESTING

Newcastle Adult and Paediatric Heart Centre performs exercise stress tests on their own patients. Our doctors perform the exercise stress test with the assistance of an ECG technician.

Is there any preparation for the test?

No, but it is advisable to wear comfortable clothing and running shoes for the test. You will be exercised on a treadmill using the Bruce Protocol (different stages and on inclines).

What happens before the test?

- Our technician will call you in to the stress room, where there is a treadmill, examination bed and computer set up to monitor your ECG's before (pre exercise), during (exercise) and after (resting) the test.
- You will be asked to partially undress and will be offered a gown for privacy and comfort.
- Males may need to have some chest hair shaved from their chest to allow the electrodes to be placed on the chest. Our technician will shave males, as necessary, with an electric medical shaver. There is usually no pain associated with this procedure.
- The technician will explain what will happen during the test.
- The technician will prepare you for the test so that the doctor can come in and commence the test.

During the test

- You will be required to exercise in stages.
- The doctor will explain all aspects of the test to you, as it may vary from individual.
- Your heart rate will be monitored closely by the doctor and recorded by the technician.
- Your blood pressure will be continually monitored by the doctor.
- The doctor will advise you when the treadmill is changing speed or incline.
- You should advise the doctor if you feel any discomfort, chest pain, neck/arm/jaw pain, leg pain or shoulder pain. If you feel sick, you should tell the doctor. If you are feeling excessively breathless you should tell the doctor.
- If you cannot continue the test at any time you should advise the doctor.

After the test

- You will be able to have a shower, if required, or get changed.
- The doctor will advise you of the result of the test in the testing room.
- You may be required to have a consultation with the doctor to explain the results fully.
- Your referring doctor will receive a report from the doctor performing your exercise stress test.