

Exercise Stress Test

What is an Exercise Stress Test?

An Exercise Stress Test is a test to see how your heart performs when it is asked to work harder. It is often used to determine if there are problems with the blood supply to the heart muscle which may put you at risk of having a heart attack. It also provides other valuable information including your heart rate and blood pressure response to exercise.

What happens during an Exercise Stress Test?

During an exercise stress test you will be asked to walk briskly on a treadmill during which the pattern of electrical activity generated by your heart (ECG) will be closely observed. You will also be asked to report any symptoms you may experience during the test. Your heart rate and blood pressure will be recorded at specified intervals. The results of the test are available immediately following the test and will be forwarded to your referring Doctor.



Is the test dangerous?

There is a small risk of having a heart attack or dying during the test. The risk is however small and needs to be balanced against the potential benefits the information gained from the test could offer. A Doctor will be present at all times during the test who will be monitoring your progress closely.

What do I have to do to prepare for the test?

As you will be exercising on a treadmill, we advise that you wear suitable clothing and footwear. We also advise that you avoid consuming any caffeine or products which contain caffeine on the day of the test.