

What is an Exercise Tolerance test?

An exercise tolerance test helps your doctor determine your cardiac health status. The test can show if there is a lack of blood flow through the arteries that supply the heart. It can also assist your doctor in assessing the kind of exercise that is best for your health.

What preparation is required for an Exercise Tolerance Test?

- It is preferable that you eat a light meal within two hours prior to the test.
- Wear light comfortable clothing (shorts or track pants) and sensible footwear (flat shoes or sandshoes).
- It is preferable that you do not smoke for 6 hours prior to the test as nicotine increases the heart rate.
- If you are taking beta blockade medications please check with your doctor several days before attending.

What happens during an Exercise Tolerance Test?

- The test requires you to walk on a motor driven treadmill while your electrocardiograph is observed and recorded by a series of leads that are attached to your chest while you are exercising.
- The exercise increases the demands on your heart by increasing your heart rate and blood pressure.
- Blood pressure and heart rate, your breathing and how tired you feel are monitored at regular intervals.
- The test is used to evaluate the heart's response to physical stress, including electrical abnormalities, the amount of blood flowing to the heart muscle, and the heart muscle's response to exercise.
- You can stop the test at any time if you feel the need to. After the test is completed, your heart and blood pressure rates will again be monitored.

How long does an Exercise Tolerance Test take?

The test takes approximately 20 to 30 minutes, depending on your fitness level.

Where is the Calvary Cardiac Centre located?

The Calvary Cardiac Centre is located on the ground floor of Calvary Hospital (Lenah Valley Campus). Limited parking is available from the western approach to the Hospital.

Do you require additional information?

Our qualified staff at the Calvary Cardiac Centre will be happy to help you.