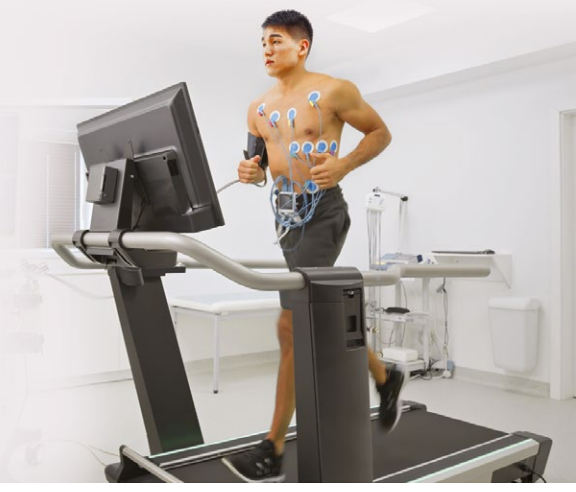


EXERCISE STRESS TEST (EST)

Restoring Rhythm of Life

Exercise Stress Test (EST)

An Exercise Stress Test, also known as an exercise electrocardiogram, treadmill test, or stress ECG, assesses how a patient's heart responds to physical exertion. The test usually involves walking on a treadmill, though other variants include cycling (Ergometer Stress) or medication-induced stress (Dobutamine Stress). During the test, the ECG, heart rate, and blood pressure are closely monitored, primarily to detect any reduced blood supply to the heart.



What are the risks of a cardiac exercise stress test?

While the test is non-invasive and generally very safe, there is a small risk of low blood pressure and irregular heart rhythms (arrhythmias). Rest assured, you will be accompanied by healthcare staff who will monitor you closely throughout the procedure and address any concerns immediately.

How do I prepare for a cardiac exercise stress test?

To prepare for your cardiac exercise stress test, please follow these guidelines:

Diet

Avoid heavy meals for at least four hours before the test. You may have a light meal, such as juice and toast, if needed.



Clothing

Wear comfortable walking shoes and a two-piece outfit. You will need to undress from the waist up, so a hospital gown will be provided.



Avoid Stimulants

Refrain from smoking and consuming caffeine for at least three hours prior to the test.



Medications

Bring a list of your current medications. Consult with your doctor about whether you should take your regular medications before the test.



Time Allocation

The treadmill exercise typically lasts around 10 minutes, depending on your fitness level. Please allocate approximately 30 minutes for the entire visit, which includes time for a trained staff nurse or technologist to attach ECG electrodes and a blood pressure cuff.



What happens during a cardiac exercise stress test?

Procedure – During the test, you will walk on a treadmill at a brisk pace. The treadmill will gradually increase in speed and incline based on a standardised protocol. Rest assured, you will be supervised throughout the procedure, and the intensity will be adjusted to ensure your safety. You will not be pushed beyond your safe limits.



Here's what to expect:

Exercise Protocol – You will walk on the treadmill and the speed and incline will increase every three minutes, aiming to reach approximately 85% of your age-predicted maximum heart rate. The test can last up to 21 minutes, depending on your fitness level and how you respond to the exercise.



Monitoring – Medical professionals will continuously monitor your ECG, heart rate, blood pressure, and heart rhythm throughout the test. They will adjust the intensity as needed and stop the test if any concerning symptoms or issues arise.

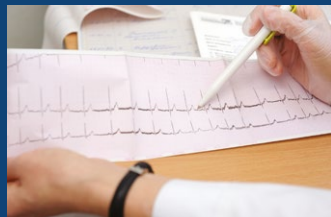


Duration – The entire process, including preparation, the exercise itself, and recovery, will take at least 30 minutes.



What happens after a cardiac exercise stress test?

After completing the stress test, the following steps will occur:



Recovery – You will be monitored until your heart rate returns to its normal resting rate. This ensures that you recover safely from the exercise.

Results and Follow-Up – Once you have recovered, your test results will be discussed with you. Based on the results, your doctor may recommend further tests or treatments if necessary.

This procedure helps assess how well your heart handles physical exertion and provides valuable information for your healthcare provider.

Operating Hours

Monday - Friday | 8:30am to 5:00pm
Saturday | 8:30am to 1:00pm
Sunday and Public Holidays | Closed



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