

Patient information

Exercise treadmill test

How to find us

We are located on the **lower ground floor in the Cardiac Centre**

Opening hours

Monday	8:30 am to 5:00pm
Tuesday	8:30 am to 5:00pm
Wednesday	8:30 am to 5:00pm
Thursday	8:30 am to 5:00pm
Friday	8:30 am to 4:30pm

What to expect

An Exercise Tolerance Test (ETT) is used to assess your heart's response to exercise. This includes your heart rate and blood pressure.

The test is used to generate stress on your heart during exercise, and identifies any abnormalities that are not apparent at rest. This test takes about 30 to 40 minutes.

You will be asked to remove your clothing above the waist and ECG electrodes will be placed on your chest to record your heart rate and rhythm. A gown will be provided.

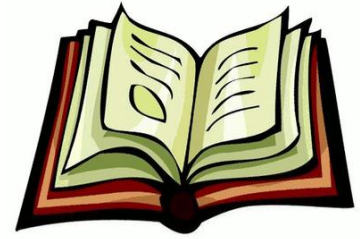
During the test you will be asked to walk on a treadmill. The exercise begins on a relatively easy level and progressively becomes more difficult.

Your ECG and blood pressure are recorded and measured at frequent intervals during and after your test.



What happens after your test?

All results and relevant information will be forwarded to the referring doctor who will contact you in reference to these results.



If you have not heard anything within **2 - 3 weeks** of your test, then please contact your GP or referring doctor.

Contact us

There are many ways that you can contact us:

By post: Diagnostic Cardiology, West Suffolk Hospital,
Hardwick Lane, Bury St. Edmunds, Suffolk, IP33
2QZ

By phone: Main hospital: 01284 713000
Cardiology Department: 01284 712536

By email: cardiologydiagnosticsdept@wsh.nhs.uk.



If you would like any information regarding access to the West Suffolk Hospital and its facilities please visit the website for AccessAble (formerly DisabledGo)

<https://www.accessable.co.uk/organisations/west-suffolk-nhs-foundation-trust>

