



Procedure Information Sheet

Introduction

Patients with heart disease may not have symptoms at rest. This applies particularly in those with coronary artery disease, in which there is narrowing of coronary artery but the supply of blood to heart muscle is maintained at rest. Exercise increases demand of blood supply to heart muscle which is not matched in the presence of arterial narrowing. This induces symptoms or a change of the electrocardiogram (ECG). Exercise treadmill test (ETT) detects a change in electrocardiogram (ECG) waveforms during and after exercise.

Indication

ETT is used to diagnose heart disease or to assess its severity. The tests are especially useful for diagnosing coronary heart disease. They are also helpful in measuring physical fitness of patients with known heart attack.

The Operation / Procedure

1. Patient will be asked to walk on a motor driven treadmill at progressively increasing speed and/or inclination until achieve a target heart rate (according to patient's age and medical condition), or develop significant electrocardiogram changes, or symptoms or signs.
2. Attending medical staff will continuously monitor the symptoms, electrocardiogram, blood pressure and heart rate to minimize the risk of the test.
3. The treadmill room will be equipped with necessary equipments for emergency resuscitation.

Before the Operation / Procedure

1. Please put on sports wear and sport shoes for the test.
2. Light meal can be taken, but at least 2 hours before the test.
3. Preferably patient should be accompanied by relatives or friends.
4. Doctor will explain the details of the procedure together with the possible risks and complications. Patient has to sign an informed consent.

After the Operation / Procedure

1. Patient will be asked to rest for 20-30 minutes after the test before allowed to leave.
2. If the medical problem is assessed to be serious, patient may be admitted to the medical ward for further management.
3. Patient will be explained the result of the test during follow up. Please ask close relatives to join in the discussion.

Risk and Complications

The procedure carries certain risks, including cardiac arrhythmias, acute myocardial infarction or even cardiac arrest and death. It was reported that there was 1 in 2500 risk of myocardial infarction and death.

Alternative Treatment / Investigation

Alternative methods include other forms of stress tests (such as pharmacological stress echocardiography, radionuclide test or magnetic resonance), or cardiac catheterization.

Disclaimer

This leaflet only provides general information pertaining to this operation / procedure. While common risks and complications are described, the list is not exhaustive, and the degree of risk could also vary between patients. Please contact your doctor for detailed information and specific enquiry.

Reference

Smart Patient Website by Hospital Authority:
Exercise Treadmill Test (4/2019)

Patient's Label

Patient Name: _____

Hospital No: _____

Episode No: _____

Patient's Signature: _____ Date: _____