

# Exercise Tolerance Test (ETT)

## Information for patients

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### **What is an exercise tolerance test (ETT)?**

An exercise tolerance test (ETT) involves walking/running on a treadmill whilst being connected to specialist ECG monitoring (electrocardiogram, which monitors your heart's rhythm and electrical activity) and blood pressure monitoring equipment. This allows any changes in ECG and blood pressure to be detected during exercise.

### **What will my appointment involve?**

During your appointment, you will be expected to exercise on a treadmill. Initially, you will be briefed on the nature of the test. You will then be fitted with the necessary ECG and blood pressure monitoring equipment.

ECG and blood pressure recordings will be taken at rest. Once you are on the treadmill, your ECG will be recorded continuously and blood pressure recordings will be taken every 3 minutes. The treadmill will begin at a walking pace, gradually gaining speed and gradient over time.

Any symptoms you experience during the test should be reported to the staff members who are performing your test.

Once you have completed the treadmill part of the test, you will typically be monitored for a further 5-10 minutes before being sent home.

The test itself varies in length, depending on factors such as age and exercise tolerance. The appointment shouldn't take longer than 45 minutes.

### **What should I wear/bring?**

Please ensure you wear flat, comfortable footwear and loose clothing suitable for exercise. If possible, bring a record of any medications you are currently taking.

### **Contacting us about your appointment**

If you have any questions about your appointment, or need to cancel or change it, please contact the department in advance using the telephone number on your appointment letter.

### **Public transport and travel information**

#### **Bus details available from:**

Lothian Buses on 0131 555 6363 [www.lothianbuses.co.uk](http://www.lothianbuses.co.uk)

Traveline Scotland on 08712002233 or [www.travelinescotland.com](http://www.travelinescotland.com)

#### **Train details available from:**

National Rail Enquiries on 03457 484 950 or [www.nationalrail.co.uk](http://www.nationalrail.co.uk)

## **Patient transport**

Patient Transport will only be made available if you have a medical/clinical need. Telephone **0300 123 1236** \*calls charged at local rate up to 28 days in advance to book, making sure you have your CHI number available (find this on your appointment letter).

Hard of hearing or speech impaired? Use text relay: **18001-0300 123 1236\*** (calls charged at local rate). To cancel patient transport, telephone 0800 389 1333 (Freephone 24 hr answer service).

## **Interpretation and translation**

Your GP will inform us of any interpreting requirements you have before you come to hospital and we will provide an appropriate interpreter. If you are having this procedure as an existing inpatient, staff will arrange interpreting support for you in advance of this procedure. This leaflet may be made available in a larger print, Braille or your community language.