

# Exercise Tolerance Test

The appointment has been arranged by either your own GP or the doctor at the hospital.

The test involves you walking on a treadmill while your heart and blood pressure are being monitored.

Please wear comfortable clothing and flat walking shoes.

You will be asked to lie or sit on a couch. Sticky electrodes will be placed on your chest.

You will then be asked to walk on a treadmill, which starts moving at a slow pace. The pace and incline gradually increases during the test, but the test generally remains at walking pace.

Times may vary slightly but the appointment should take around 45 minutes.

Please bring a list of your current medication.

If you are unsure about your medication, please ask your pharmacist or GP.

Unless your doctor has specifically said otherwise, take your medication as normal.

## **If you can't go let us know!**

Every month around 2,000 people across Forth Valley fail to turn up for hospital appointments. This costs the NHS millions of pounds each year and increases waiting times. So if you are unable to attend or no longer require your hospital appointment please let us know so we can offer it to someone else.

**We are happy to consider requests for this publication in other languages or formats such as large print. Please call 01324 590886 (9-5) to arrange this or email [fv.disabilitydepartment@nhs.scot](mailto:fv.disabilitydepartment@nhs.scot)**

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This includes corridors, doorways, car parks and any of our grounds. If you do smoke on NHS premises you may be liable to prosecution and a fine.



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