



EXERCISE TREADMILL TEST

What is an Exercise Treadmill Test?

Exercise treadmill testing (ETT) is the most widely used screening test for coronary disease. It is an important way of assessing how the heart responds to exercise. Coronary and other heart problems are frequently identified through a treadmill test. Patients are asked to change into exercise clothing and then walk on a treadmill while an electrocardiograph (ECG) is recording the heart's activity throughout. The period of time on the treadmill varies from patient to patient.

What preparation is required?

You must not consume any food or drink for two hours prior to the test. You are required to bring a change of clothing to exercise in such as shorts or track pants and soft-soled shoes or sports shoes to walk in. Women will be provided with a gown. Include toiletries if you wish to shower afterwards. Shower facilities are currently only available at 94 Mountain Road, Epsom.

How is the Exercise Treadmill Test performed?

Ten sticky pads (electrodes) are applied to the patient's chest, and the electrodes are connected to leads. This enables the ECG to be observed throughout the test on a monitor by a cardiology nurse or a cardiologist. A blood pressure cuff will be put on your arm so that frequent checks of your blood pressure can be viewed.

The treadmill is started at a slow speed and the ECG and blood pressure are continuously monitored during and after the test by a nurse or cardiologist for evidence of heart problems.

What is the cost of the Exercise Treadmill Test?

You will be advised of the cost of the procedure and where to park when you make your appointment.

How do I get my results?

The cardiologist will discuss the results with you immediately after the test.

Where can I go to have this diagnostic test done?

- Auckland Heart Group, 94 Mountain Road, Epsom, Auckland
- Auckland Heart Group, 98 Mountain Road (Mercy Hospital), Epsom, Auckland
- Auckland Heart Group, 1 Shea Terrace, Takapuna
- Shore Care Hibiscus Coast, Red Beach Shopping Centre, Hibiscus Coast
- Eastmed Specialist Centre, 188 St Heliers Bay Road, St Heliers
- Botany Junction Medical Centre, 110 Michael Jones Drive, Flat Bush
- Westcare Specialist Centre, 2 Moselle Avenue, Henderson
- Counties Care Accident & Medical Clinic, 79-85 Great South Road, Papakura

For further information refer www.heartgroup.co.nz or phone 09 623 1020