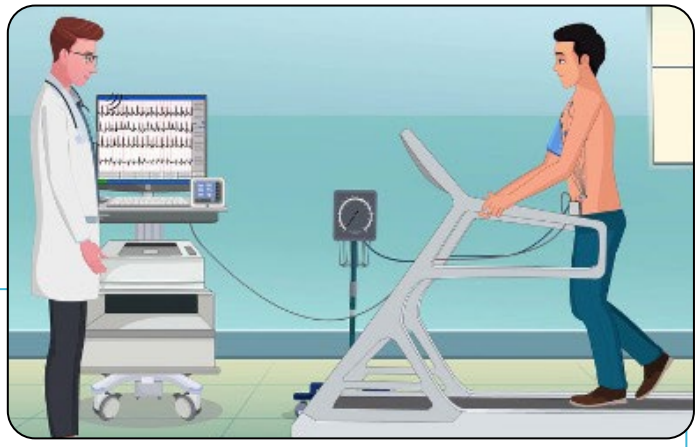
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Having an ETT

An **ETT (exercise tolerance test)** involves **walking on a treadmill** whilst a team of Cardiac Physiologists assess your **heart rate** and **rhythm** and **blood pressure** during exercise.



What to expect:

- **Clothing:** To place ECG electrodes, we will briefly need access to the top half of your body. During the test you are welcome to wear a T-shirt for your comfort.
- **Pre-test:** Before beginning the test, the team will record a baseline ECG and blood pressure.
- **Exercising:** After the baseline readings have been recorded, you will begin walking on the treadmill, the physiologists will select a protocol suitable for you but typically begins with slow walking on a slight incline. Every 3 minutes the treadmills speed and incline will increase, whilst your blood pressure and ECG are monitored throughout the test.
- **Ending the test:** If at any point you feel any discomfort or like you cannot carry on then let the team know and they will stop the treadmill and begin the recovery stage. Similarly, if the team feel they have collected enough data or it is unsafe to carry on, then they will stop the treadmill and begin recovery.
- **Recovery stage:** After stopping the treadmill the team will monitor you until your ECG and blood pressure have returned to baseline.
- **Length of test:** Including set up and recovery the test usually lasts approximately 40 minutes, however, this will depend on the length of time you exercise for.
- **Chaperone Information:** If you'd prefer a male or female member of staff to be present during the test, please let us know in advance and we will do our best to accommodate this. Friends and family members will not be able to accompany you during the test unless you require additional support, but they may wait outside the room. Children/patients with additional needs may be accompanied by one parent/guardian.

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