

Patient Information - Stress test

Another name for a Stress Test is Exercise ECG. This test is carried out on a treadmill in the Cardiology Department of Bon Secours Hospital.

ECG electrodes are attached carefully to the chest wall just as for a resting ECG and they remain firmly in place during the exercise test.

The treadmill usually starts at a slow pace on the flat at 1 mph and then increases to 1.7 mph on a gradient of 10%. Every three minutes the speed and the gradient increase so that you are effectively walking uphill.

You are asked to cooperate by holding the bar in front of you and walking normally.

If you experience chest pain or shortness of breath or for any other reason you feel you need to stop, the technician / nurse will slow down the treadmill

Do not try to stop and get off yourself

The Stress Test provides important information to the doctor to help confirm or rule out heart disease or to determine if further tests are required.

Additional queries or bookings please call 021 4801633

Cardiology Department
Bon Secours Hospital, College Road, Cork
Telephone 021 4801 633
Fax 021 4542 137
Web www.bonsecoursireland.org



BON SECOURS HOSPITAL
College Road, Cork