

Treadmill Exercise Test



Cardiology services are provided in the Specialist Outpatient Clinic, Emergency Department, Intensive Care Unit and as an inpatient service. A full spectrum of care is provided to cardiac patients as well as healthy individuals who wish to reduce their future risk of cardiovascular disease. Our patients may be referred from the polyclinics or from private practitioners.

What is a treadmill exercise test?

A treadmill exercise test involves walking on a treadmill as an electrocardiogram (ECG) monitors your heartbeat. A doctor will look at your heart rate, rhythm and blood pressure to obtain a close analysis of your heart.



What is the purpose of the test?

A treadmill exercise test is useful in evaluating your heart's response to exercise or stress, and is well proven to diagnose ischaemic heart disease (blocked heart arteries) in a non-invasive way. It can also determine your fitness level, irregular heart rhythm (if any) and monitor blood pressure in response to exercise.

Before the test

- Please consult your doctor if you have a medical history of backaches or problems with your limbs.
- There is no need to fast, but you should avoid taking a heavy meal two hours before the test.
- Wear loose-fitting clothing that is preferably two-pieced (e.g. shirt or blouse and pants) and shoes that are suitable for exercise.
- Men should shave before coming for the test.
- Avoid taking medication that slows down your heart rate one to two days before the test. Such medication include atenolol, bisoprolol or diltiazem. If you are unsure, please check with your doctor.
- Consent is required for this test.
- Reschedule your appointment if you are unwell.



You are advised to come at least **15 minutes** before your appointment. Please call us in advance to reschedule if you are unable to come.

During the test

A cardiac technologist will place electrodes on your chest and a blood pressure cuff will be attached to your arm.

You will be shown how to walk on the treadmill before you start the test. Every three minutes, the speed and slope of the treadmill will increase gradually. Throughout the test, your ECG and blood pressure will be monitored closely. You should inform the doctor or cardiac technologist if you feel:

- discomfort in the chest
- giddy
- generally unwell or unable to continue

The test will stop when your heart rate indicates that an adequate level of stress has been achieved or if there are changes in your heart rhythm.

You will continue to be monitored for another five minutes before the test comes to a complete stop. Most healthy people can walk for nine to 12 minutes.



Is the test safe?

The test is generally safe and there is a very low risk of complication involved. Your ECG and blood pressure are closely monitored during the test to ensure your safety.

When will I know the results?

The cardiologist will review your report and your doctor will inform you of your result during your next appointment.

Notes:

For more information

Ng Teng Fong General Hospital and Jurong Community Hospital

1 Jurong East St 21, Singapore 609606

www.ntfgh.com.sg | www.jch.com.sg

Clinic opening hours

Monday – Friday: 8.30am – 5.30pm

Saturday: 8.30am – 12.30pm (Selected clinics only*)

Dental Clinic: Monday – Thursday: 8.00am – 5.30pm, Friday: 8.00am – 5.00pm

*Please refer to our websites for more details.

General enquiries & appointments

General enquiries line: 6908 2222 (24-hr)

Fax: 6716 5500 | Email: contactus@nuhs.edu.sg

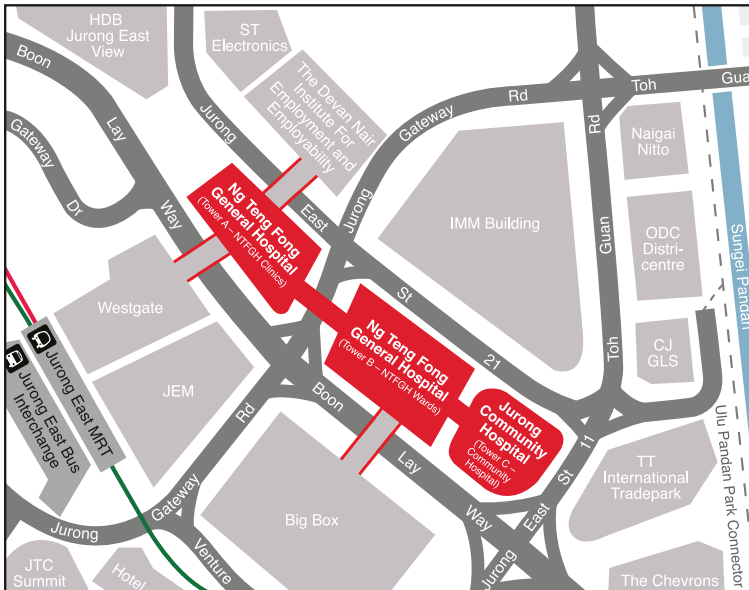
Appointment line: 6908 2222 (Monday – Friday: 8.00am – 5.30pm, Saturday: 8.00am – 12.30pm)

Fax: 6716 2200 | Email: appointment@nuhs.edu.sg

Dental appointment line: 6716 2233 (Monday – Friday: 8.00am – 5.30pm)

Fax: 6716 2200 | Email: JHCampus_Dental@nuhs.edu.sg

Getting there



By train

Alight at Jurong East MRT Station

By bus

Jurong East Bus Interchange

41, 49, 51, 52, 66, 66B, 78, 78A, 79, 79A, 97, 97E, 98, 98M, 105, 143, 143M, 160, 160A, 160M, 183, 183B, 197, 333, 334, 335, 506

Along Boon Lay Way

49, 99, 333, Private bus service 625, 990

Disclaimer:

The information in this brochure is meant for educational purposes and should not be used as a substitute for medical diagnosis or treatment. Please seek your doctor's advice before starting any treatment or if you have any questions related to your health, physical fitness or medical condition. Information is accurate at the time of printing.