



# Exercise Electrocardiogram (ECG)

An exercise electrocardiogram (exercise ECG) helps to diagnose ischaemic heart disease, which is the common cause of angina and other heart problems. It can also help to assess the severity of ischaemic heart disease.

## What is an exercise ECG?

An exercise ECG records the electrical activity of your heart whilst you exercise. This test is sometimes called an exercise stress test or exercise tolerance test.

## How is an exercise ECG test done?

Small metal electrodes are stuck onto your chest. Wires from the electrodes are connected to the ECG machine. You will then be asked to exercise on an exercise bike. The exercise starts at a very easy pace, and is gradually made more strenuous by putting some resistance on the bike wheel. Whilst you exercise, ECG tracings are made and you will also have your blood pressure and pulse measured from time to time. The test lasts about 10-16 minutes.

## How to prepare for the test?

- You should not have a heavy meal within one hour before the test.
- For the test, please bring loose fitting clothes and shoes that are comfortable to walk in.
- Please do not take beta-blockers (Atenolol, Selozok) within 48 hours before the test.
- Please ask your doctor if you can do without the medicine for 48 hours.
- After the test you are welcome to use Aleris-Hamlets shower facilities

## Will I cope with the exercise required?

Most people manage to do the exercise ECG test. It can be hard work, but the level of exercise chosen aims to match your normal capabilities. At any stage you can tell the person doing the test if you feel it is too difficult, and the test will stop. The test will also be stopped if you develop unpleasant pains or if you become very tired, or very short of breath.

## Are there any risks when doing an exercise ECG?

An exercise ECG test is done without any problems in the vast majority of cases. If you do not have ischemi

heart disease then complications are very rare. However, serious complications occur in a small number of cases in people who have ischemic heart disease. Medical help is near to hand to deal with possible problems.

## The Result

Endurance is essential to the test. It is important that you exercise on the bike as long as possible. The doctor will be able to advise you right after the test.

## Results of the examination and follow-up / treatment plan

You will receive the results immediately after the examination. If any additional examinations or treatment is required, this will be planned with the specialist right away.

## Patient satisfaction

To ensure that Aleris-Hamlet continues to provide the best care, treatment and service, please complete our patient satisfaction questionnaire, which you will receive in the mail (if you have given us permission to send one). Comments and criticism, whether positive or negative, are important to us as they

ensure that we can continue to offer the best possible treatments for our patients.

There are stands in every unit, where we ask if you would recommend Aleris-Hamlet to others. To respond, touch the smiley you think is most appropriate.

Any complaints about your progress at Aleris-Hamlet we ask that you please forward directly to Aleris-Hamlet Directors, att. Medical officer, Aleris-Hamlet Gyngemose Parkvej 66, 2860 Søborg.

If you do not wish to complain to us directly, you have access to lodge a complaint via Patientombuddet's (the National Agency for Patients' Rights and Complaints') website: [www.patientombuddet.dk](http://www.patientombuddet.dk). The web site provides guidance and a complaints form (in Danish).

If you believe that a medical error has been made and you wish to claim compensation, you should contact Patientforsikringen (the Patient Insurance Association).

Visit [www.patientforsikringen.dk](http://www.patientforsikringen.dk). The website provides guidance and a complaint form (in Danish and English).

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