

## Exercise ECG information

### What is an Exercise ECG?

An exercise ECG is the recording of the electrical activity of the heart. This is taken whilst you walk on an exercise treadmill and recorded by means of an ECG. The response of your heart is monitored, as the workload is increased. During an Exercise ECG, your blood pressure will also be monitored.

### What will the Exercise ECG involve?

Electrodes will be placed on your chest, arms and legs. Measurements of heart rate and blood pressure will be taken before the test begins. The treadmill may be increased until a target heart rate is achieved. This is dependent upon age, symptoms and/or changes on the ECG. Once exercise has stopped, monitoring will continue until your heart rate returns to normal, but for at least 5 minutes (the recovery phase).

### How should I prepare?

We recommend that you do not drink alcohol, eat or smoke for 3 hours before the test. Wear comfortable shoes, or trainers and loose clothing.

### What will an Exercise ECG show?

It may show that you have a completely healthy heart. However, in a minority of cases, it will show the presence of heart disease or rhythm disturbances. In those with a history of heart disease, an Exercise ECG can indicate the extent of the condition.

### Underwriting an Exercise ECG

All Exercise ECGs are referred to the Chief Medical Officer of RL360°. If the test is reported as abnormal, RL360° will write to your usual doctor about any results or comments.

### Are there any risks?

Some people may experience chest discomfort, palpitations or shortness of breath. In applicants with no history of serious illness or heart disease, this is very rare. If at any time you experience pain or discomfort, you must immediately stop exercising and inform the Cardiac Technician or Doctor supervising the ECG.