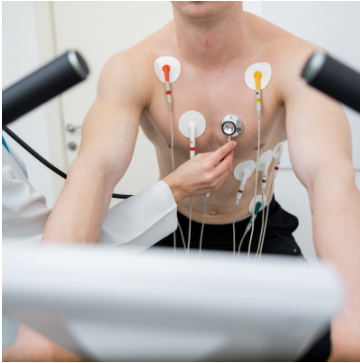


Exercise Tolerance Test (ETT)



The Exercise Tolerance Test (ETT) is a controlled test where ECG and blood pressure readings are taken whilst walking on a treadmill. It involves gradually increasing the speed in 3-minute stages until the patient reaches a brisk walk on an incline. This test is commonly used to evaluate heart function and detect any abnormalities that may be present.

Why have an ETT?

- Identifies abnormalities related to coronary artery disease or arrhythmias
- Helps determine if poor blood supply to the heart is present
- Provides valuable information on heart function during exercise

Exercise Tolerance Test (ETT)
from £389

The above are guide prices only.

Our [terms and conditions can be found here](#).

Consultants



Dr Shaumik Adhya

Available at
KIMS Hospital

[View profile](#)

Frequently Asked Questions

What is involved in an ETT?

- Ten electrodes will be attached to your chest to collect a 12-lead ECG.
- An inflatable cuff will be placed around your upper arm to monitor your blood pressure.
- The test begins with resting measurements for blood pressure and an ECG.
- You will then stand on a treadmill. The treadmill will gradually increase in speed and incline every 3 minutes.
- The test typically follows the Bruce protocol, with the option to use the modified Bruce protocol for reduced effort levels.
- The test continues until certain criteria are met, such as reaching a predicted maximum heart rate, experiencing symptoms, or signs of fatigue.

The Exercise Tolerance Test (ETT) is a controlled walking test that poses minimal risk. The test begins with a slow treadmill speed and gradually progresses in 3-minute stages to a brisk walk on an incline. Throughout the test, you will be closely monitored with continuous 12-lead ECG, regular interval blood pressure readings, and periodic questions about any development of symptoms. The test concludes when either the predicted target heart rate is achieved, the patient reaches their limit of endurance, or significant ECG abnormalities are identified.

Is the ETT a safe procedure?

The ETT is a controlled walking test that carries minimal risk. You will be closely monitored throughout the test.

How long does the ETT typically last?

The test usually lasts around 30 minutes, but the duration may vary depending on individual factors.

What happens if I experience discomfort during the test?

You are in control of the test. If you feel uncomfortable or wish to stop, the test can be ceased.