



## Patient information

### The perfect preparation for a stress ECG

Before the stress ECG, an ECG is recorded in physical rest. This is followed by the stress ECG, which is recorded during physical activity. Usually, a cycle ergometer (in exceptional cases a treadmill) is used for the stress test. Here, too, electrodes are glued to the skin and connected to an ECG device via a cable. The physician can set different stress phases on the training equipment, which correspond to the physical stress in everyday life.

The intensity of the load is usually increased every 2 minutes. Additional values such as blood pressure, oxygen saturation or lactate can be measured during the examination. This allows the physician to assess, among other things, heart disease, cardiac arrhythmia as well as blood pressure behaviour. The examination takes about 15 to 20 minutes. You will then be observed for another 5 to 10 minutes. During this time, your blood pressure will be checked.

#### How to best prepare

- **Make sure you drink enough before the examination.**
- **Do not eat large meals before.**
- **Bring light clothing and non-slip shoes (preferably sportswear, a towel and, if necessary, spare clothing and shower gel).**
- **You are welcome to come to us freshly showered. However, please do not use body lotion and other oily care products for your body on the day of the examination, otherwise the electrodes will not stick properly.**

#### During the examination

- **The medical staff will give you precise instructions on how to carry it out.**
- **You may be asked questions about your perception of stress.**
- **Report discomfort such as dizziness and chest pain immediately!**  
(Joint and muscle problems are more secondary.)
- **Give your all 😊**