

General Information

- ❖ Please make appointment in advance.
- ❖ Please bring the referral letter and I.D. Card / Passport or valid Hong Kong Travel Visa for registration 15 minutes before the appointment.
- ❖ Please inform us at 22003155 during office hour if you cannot attend in time.
- ❖ When typhoon signal No. 8 (or above) or the rain storm black warning is hoisted, please contact us to rearrange a new appointment.
- ❖ In addition to health examination scheme, optional diagnostic investigations are available. Please refer to our website.

References:

www.21.ha.org.hk/smartpatient

Effective since: 1 March 2022

PFE-EPI-3-E016



Website: www.sth.org.hk

- We provide "Octopus hourly parking services"
- Green Line Minicab: 2, 17M, 25M, 46, 70,
- Red Line Minicab: Mongkok to San Po Kong / Wong Tai Sin / Kowloon City
- Public Buses: 1, 1A, 2A, 6D, 7B, 9, 12A, 13D, 16, 24, 27, 42, 95, 98C, 113, 203E, 296C, N216
- MTR
- * Lok Fu: 5 mins by taxi
- * Mongkok: by red line minibus, get off at Lomond Road
- * Sung Wong Toi: Exit B1, about 5-10 minutes walk
- East Rail Line
- * Mongkok East: about 5 minutes by taxi
- * Kowloon Tong: by green line bus no. 25M
- Rehabus (Dial-a Ride): (852) 2817 8154



St. Teresa's Hospital
聖德肋撒醫院

Treadmill Exercise Test

Examination Information

Treadmill Exercise Test



Health Screening & Diagnostic Centre

1/F Main Block, St. Teresa's Hospital

Tel:(852) 2200 3155

Working Hours:

08:00-16:00 (Monday to Saturday)

Introduction

Treadmill Exercise Test is a non-invasive procedure to detect any abnormal change in electrocardiogram waveforms during and after exercise with progressively increasing speed and inclination.

Why the test is performed:

- To diagnose coronary artery disease
- To assess exercise tolerance and capacity / arrhythmia

Before the test

1. Continue your current medication unless your doctor told you to withhold before the test.
2. Please put on sportswear and sport shoes for the test.
3. Light meal can be taken, but preferably at least 2 hours before the test, avoid overeating.
4. Elderly should be accompanied by relatives.
5. We will explain to you the nature of the test, together with the possible risks and complications. You have to sign a consent form.

During the test

1. Electrodes will be placed on your chest to check the heart activities and blood pressure cuff will be applied onto your upper arm.
2. Your blood pressure will be measured every 3 minutes during the test.
3. You will be asked to walk on a motor driven treadmill at progressively increasing speed and/or inclination until you achieve a target heart rate, or develop significant electrocardiogram changes. During the test, a doctor and a nurse will closely monitor your electrocardiogram and blood pressure.

4. Please inform your doctor immediately if you find chest pain or any other discomforts during the test.

After the test

1. You will be asked to rest for at least 20 minutes. Blood pressure will be monitored until your cardiac status is back to pre-exercise state.
2. After the test, you will be allowed to leave if you are not experiencing any discomfort and checked by medical staff.
3. You will be explained the result of the test during follow up.

Special remarks

1. Please be advised by the doctor-in-charge whether to continue the medication or not before and after the test.
2. Complications are unusual. The major risks including cardiac arrhythmias, acute myocardial infarction or even cardiac arrest and death. It was reported that there was 1 in 2500 risk of myocardial infarction and death.
3. If there are further concerns about this procedure, please call us or consult your doctor-in-charge.

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St. Teresa's Hospital

Phone: (852)-22003434

Website: www.sth.org.hk