



Treadmill Exercise ECG

Preparation before examination

- ❖ Please bring your previous films and report for reference.
- ❖ It is convenient for you to bring together with the urine and stool specimen on the examination day.
- ❖ Please call our Centre for enquiries on other special investigations.

All Imaging Examinations

- ❖ Please inform our staff with confirmed / suspected Pregnancy.
- ❖ Please bring your previous films and report for reference.
- ❖ Please call our centre for enquiries on other special investigations.

Treadmill Exercise ECG

- ❖ Please avoid food for 2 ~ 4 hours prior to the procedure. This reduces the likelihood of nausea that may accompany strenuous exercise after a heavy meal.
- ❖ Please wear comfortable clothing and shoes that are suitable for exercise.
- ❖ Please do not apply lotions, oils or powders to your chest. Avoid wearing jewelry on your neck, arms, and wrists.
- ❖ Please inform our Centre staff when booking an appointment if you are
 - on treatment for diabetes
 - taking medication for hypertension or heart disease
 - suffering from joint problems that may make it difficult for you to exercise