

## Instructions for Treadmill Exercise Stress ECG Test (TMX)

Venue: National University Heart Centre, Singapore (NUHCS) Level 3  
Diagnostic Cardiac Laboratory @ L3  
NUH Main Building  
5 Lower Kent Ridge Road, S119074

### Appointment Details:

Please check your appointment details on the NUHS app. You will also be receiving an SMS reminder 3 days before the appointment date.



### Points to note:

1. On the day of your appointment for the fitting of the Treadmill Exercise Stress ECG Test, you are advised to come in sports attire (running shoes and pants/shorts).
2. Parental/legal guardian consent is required for patients under 21 years old. (Patients who are currently serving NS do not require parental consent)
3. There is no need to fast, but you should avoid taking a heavy meal 2 hours before the Treadmill Exercise Stress ECG Test.
4. Men should shave their chest (if hairy-chested) before coming for the test.
5. Avoid medications that slows down your heart rate, one to two days before the test. Such medication include:
  - Atenolol
  - Bisoprolol
  - Carvedilol
  - Metoprolol
  - Nebivolol
  - Verapamil
  - Diltiazem

If you are unsure, please check with your doctor.

6. Please inform the doctor if you are: (a) Asthmatic, (b) Pregnant, (c) Unable to run.
7. Please also bring along your asthmatic medication/puff (if required).

## Directions to the NUHCS Diagnostic Cardiac Laboratory @ L3

1. Proceed to the lift lobby of NUHCS after entering the NUH Main Building.



2. Take the glass lift to level 3 and turn left to the **Diagnostic Cardiac Lab @ L3, F03-01**.

