

Patient Information Leaflet

Rapid Access Chest Pain Clinic (RACPC)

Produced by: Coronary Care Unit



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If you require this leaflet in another language, large print or another format, please contact the Quality Team, telephone 01983 534850, who will advise you.

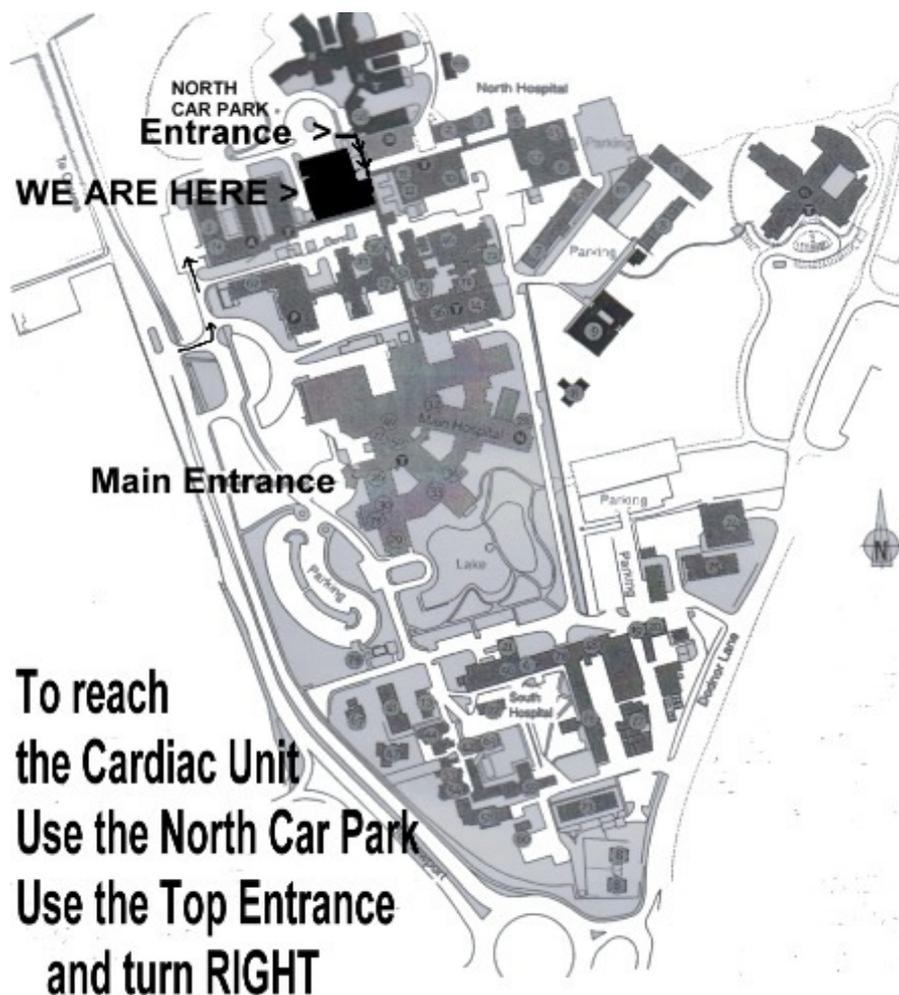
You have been referred to the Consultant Cardiologist (Heart Specialist) in the RACPC by your GP, because of symptoms that you have been experiencing. During the appointment you will see a Cardiologist or Cardiology Registrar and an **Exercise Treadmill Test** will usually be performed. This is a test that records the rhythm and activity of the heart in response to exercise.

Pain and some symptoms such as shortness of breath, can sometimes be due to angina. The aim of your appointment is to find out if your symptoms are due to angina or not, so that you can receive the most appropriate treatment.

Where do I report?

Please report to the Cardiac Investigations/Cardiology Outpatients Department in the North Hospital.

It is always a good idea to arrive early allowing you plenty of time to find a space in the **north car park**. We apologise if this means you have a slightly longer wait in our reception area.



What is the treadmill test?

You may be experiencing chest pain, breathlessness or other symptoms that your GP would like to investigate. The treadmill test is designed to see if the recording of your heart beat and heart rhythm (ECG) changes when you exercise.

You will be connected to an ECG machine with 10 small stickers across your chest called electrodes. Before the test your blood pressure will be measured and an ECG recorded. The nurse will explain how to walk on the treadmill safely and what to report during the test. The treadmill starts off at a very slow walking pace on a slight slope and gets gradually faster and steeper every 3 minutes.

How long will the test take?

The whole appointment from start to finish should take about 30-40 minutes, although you will only be on the treadmill for a few minutes. Most people do between 3 & 9 minutes of walking with six minutes recovery time. If at any stage you feel you cannot continue just let us know, and we can stop the test. Do not jump off the treadmill while it is still moving

You must keep us informed of your symptoms throughout your test.

What about my medication?

If you are taking a type of medicine called a beta blocker you may be asked to stop taking this a few days before the test. If this is required of you, instructions naming the specific tablet and when to stop taking it will be clearly written on the appointment letter accompanying this leaflet. We will try to make contact with you by phone to also explain these instructions.

Under no circumstances are you to stop taking any of your other tablets.

Please bring all of your medications with you to the clinic appointment.

Who will supervise the test?

A Cardiologist or Cardiology Registrar and a nurse will supervise the test. Occasionally there may be other medical staff observing the test as part of their training. However, before they can do this they need your consent or permission.

Will I get my results immediately after the test?

YES and the doctor will explain about any further treatment or investigations that may be indicated.

What if my test appointment is running late?

We apologise if you are late having your test. This may be because the patient before you needed a longer monitoring period during the recovery period of their test.

Valuables should not be brought into the hospital. If patients have to bring in valuable items they should ask a nurse to store them safely and request a receipt for the items. You may not be able to have the valuable items returned if the time of discharge from hospital is out of hours.

We are sorry but the Trust cannot accept responsibility for loss or damage to items not given for safe keeping.

You can get further information on all sorts of health issues online at: <http://www.nhs.uk/>

For Health advice and out of hours GP service please call the NHS 111 service on: 111

We Value Your Views On Our Service

If you wish to comment on the care which you, your relative or friend has received, we will be pleased to hear from you. Please speak to the person in charge of the ward, clinic or service in the first instance or ask them to contact the Quality Team. If you wish to contact them directly, telephone on 534850.

Alternatively you may prefer to write to:

Chief Executive
Isle Of Wight NHS Trust
St Mary's Hospital
Newport
Isle of Wight
PO30 5TG

You can also share any concerns you have about our services with the Care Quality Commission (CQC) on 03000 61 61 61 or at enquiries@cqc.org.uk

All NHS sites are no smoking areas.

If you would like help and advice to stop smoking please call: Freephone 0800 169 0 169 to talk to the NHS Smoking Helpline.

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