

Appointment Date: _____ Time: _____

- **Please read this instruction sheet thoroughly at least 1 day before your appointment.**
- **Please arrive 15 minutes before your appointment and bring your Alberta Health Care Card and Photo ID with you in order to have this test completed.**
- **If your English is limited, please bring someone to translate for you.**
- **Children are not allowed in the lab during testing and cannot be left unattended in the waiting room.**
- **If you need to cancel your appointment please call 403-571-8640 at least 24 hours in advance to reschedule.**

What is an Exercise Stress Test?

An Exercise Stress Test assesses your heart and its response to increased workloads or stress.

What will happen during the test?

- Upon arrival you will be asked to read a consent form.
- Once in the lab you will receive an explanation of the test and have your questions and concerns addressed prior to giving an informed consent.
- You will be prepped for the test so we can monitor your ECG, heart rate, rhythm and blood pressure throughout the test.
- Once your test is completed you will be monitored for some time to ensure your cardiac status has returned to its baseline.

Preparation Instructions

- This test takes about 1 hour to complete.
- **DO NOT** eat or drink for a minimum of 3 hours before your stress test. This reduces the likelihood of nausea/vomiting that may accompany strenuous exercise after drinking or having a meal.
- Medications – this test may be performed on or off some of your medications. **Ask and follow the specific instructions that your doctor provided to you before your test appointment.**
- Bring all of your medications, including names and doses, with you.
- Dress in comfortable clothing and walking shoes.
- Do not wear body oils or powders, you may use deodorant. Perfume, cologne or heavily scented lotions should be avoided as some individuals may be sensitive or allergic to fragrance.

Discussion of Test Results:

Please note that only your referring and/or family physician can discuss the test results with you.

Our Location:

We are located at:

**#110, 2891 Sunridge Way NE
Calgary, AB T1Y 7K7**

(T) 403-571-8640

(F) 403-571-8658

Parking is available next to the building.

Transit directions:

- Rundle Station is the nearest C-Train Station.
- Bus 19 to Sunridge Way NE



Privacy:

The personal health information that you provide our clinic is collected, used and disclosed in accordance with the provisions of the Health Information Act.

It is also used to provide diagnostic treatment and care services to you and to bill your provincial health plan for services provided. For more information please contact us at 403.571.8640.