

Appointment Date: _____ **Time:** _____

- Please read this instruction sheet thoroughly at least 1 day before your appointment.
- Please arrive 15 minutes prior to your appointment and bring your Alberta Health Care Card and government-issued photo ID with you. These are required for this test to be completed.
- If you require a translator, please bring one with you to your appointment.
- Children are not allowed in the lab area 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 looks at your heart and its response to increased workloads (activity) or stress. This is done by walking on a treadmill at different speeds and inclines.

What will happen during the test?

- Upon arrival, you will be asked to read a consent form.
- Once in the lab, the test will be explained in detail, and you will be able to have any questions or concerns addressed prior to giving informed consent.
- You will be prepped for the test so we can monitor your heart rate, rhythm and blood pressure throughout the test through an ECG.
- After your test is completed, your blood pressure will be monitored for a period of rest until it returns to normal.

Preparation Instructions:

- This test can take 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 for and follow the specific instructions that your doctor provided to you before your appointment.**
- Bring all your medications, including names and doses (amount you take) with you.
- Dress in comfortable clothing and walking/running shoes with socks (e.g., no boots, flip flops or heels).
- Do not use body oils or powders; you may use deodorant. Please avoid using perfume, cologne or heavily-scented lotions as we are a scent-free environment.

Discussion of Test Results

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

Our Location

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

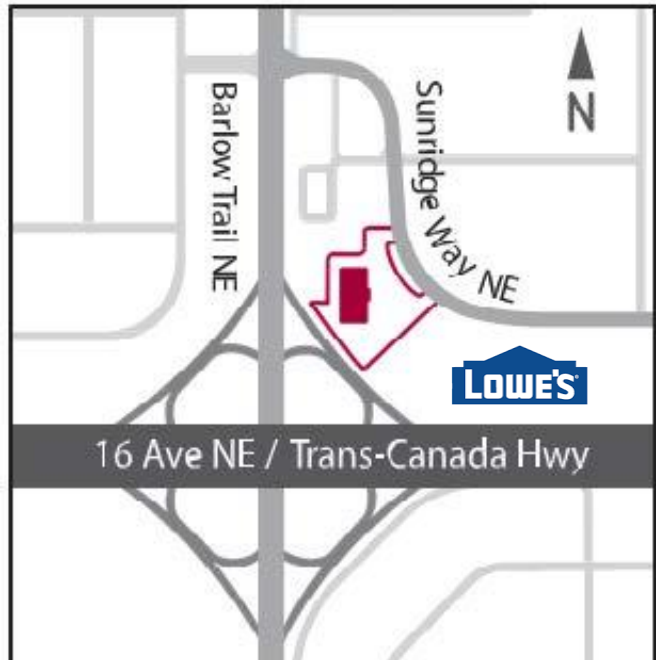
Phone: 403-571-8640

Fax: 403-571-8658

Free 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.