

Appointment Date:

Time:

## Preparing for Your Test

Please read these instructions thoroughly at least 1 day before your appointment.

- DO NOT eat or drink for a minimum of 3 hours before your exercise 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. 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 and bring a list of medications.
- Dress in comfortable clothing and walking/running shoes with socks (e.g., no boots, flip flops or heels).
- Do not apply body lotions, creams or powders to your chest area.
- Please arrive 15 minutes prior to your appointment and bring your Alberta Health Care Card and government-issued, photo ID with you 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.
- This test takes about 1 hour to complete.
- If you need to cancel, please call 403-571-8640 at least 24 hours in advance to reschedule. No shows will be charged a cancellation fee.

### Appointment Location

#110, 2891 Sunridge Way NE

Phone: 403-571-8640

Free parking is available next to the building.

### Transit Directions

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

### 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 incline levels.



A copy of your test findings will be sent to your referring and/or family doctor who can discuss the results with you.

### What will happen during the test?

- The test will be explained in detail and any questions or concerns you have will be answered before the test begins.
- You will be asked to read and sign a consent form.
- You will be prepped for the test so we can monitor your heart rate, rhythm and blood pressure .