

Appointment Date:

Time:

## Preparing for Your Test

Please read these instructions thoroughly at least 3 days before your appointment.

This test takes about one hour to complete and includes preparation time before the test and monitoring time after the test. The actual exercise time is between 5 to 10 minutes.

- You may eat a **light** meal up to one hour before your exercise stress test.
- Avoid caffeine, alcohol, nicotine (e.g., patch, inhaler, or cigarettes) and cannabis products 3 hours before and 1 hour after your appointment.
- Unless your doctor has told you otherwise, stop the medications listed on the 48-hour and 24-hour lists on the next page. Continue taking any medications which are not on these lists as you normally would. If you are unsure, please call 403-571-8640 three days 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.
- 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.

# Exercise Stress Test Preparation Instructions

## 48-HOURS BEFORE YOUR TEST:

**STOP** taking medications in the 48-hour medication list below unless otherwise instructed by your doctor.

### 48-HOUR MEDICATION LIST

Acebutolol	Corgard	Nebivolol	Tadalafil
Atenolol	Diltiazem XC	Pindolol	Tenormin
Bisoprolol	Levitra	Rhotral	Tiazac XC
Blocadren	Lopressor SR	Sectral	Timolol
Bystolic	Metoprolol SR	Sildenafil	Vardenafil
Carvedilol	Monitan	Sotalol	Viagra
Cialis	Monocor	Sotacor	Viskin
Coreg	Nadolol		

## 24-HOURS BEFORE YOUR TEST:

**STOP** taking all medications in the 24-hour medication list below unless otherwise instructed by your doctor.

### 24-HOUR MEDICATION LIST

Adalat PA	Felodipine	Labetalol	Plendil
Adalat XL	Imdur	Lopressor	Procoralan
Amlodipine	Inderal	Lopressor XL	Propranolol
Cardene	Ismo	Metoprolol	Tiazac
Cardene SR	Isoptin	Metoprolol XL	Toprol XL
Cardizem	Isoptin SR	Nicardipine	Trandate
Cardizem CD or SR	Isordil SR	Nifedipine	Twynsta
Coralan	Isosorbide Dinitrate	Nitroglycerin patches	Verapamil
Diltiazem	Isosorbide Mononitrate	Normodyne	Verapamil ER
Diltiazem CD or SR	Ivabradine	Norvasc	Verapamil SR

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Calgary, AB T1Y 7K7  
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