

Exercise Stress Test Instructions



Appointment Date:	Time:
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What to bring to your test:

- Alberta Health Care Card and government-issued photo ID are required for this test to be completed.
- If you require a translator, it is important that you bring one with you to your appointment.
- All your medications or a list of medications, including name of medication and dose (amount you take).

48-hours before your test:

- **Stop the medications** listed on the 48-hour list unless instructed otherwise (see next page for list).
- Continue taking any medications that are not on this list as you normally would. If you are unsure, please call 403-571-8640 three days before your appointment.

24-hours before your test:

- **Stop the medications** listed on the 24-hour list unless instructed otherwise (see next page for list).

Day of your test:

- Please arrive 15 minutes before your appointment.
- Do not apply body lotions, creams or powders.
- You may eat a light meal up to 1-hour before your test.
- Avoid caffeine, alcohol, nicotine (e.g., inhaler or cigarettes) and cannabis products 3 hours before your appointment and 1 hour after.
- Dress in comfortable clothing and walking/running shoes with socks (e.g., no boots, flip flops or heels).
- Arrange for childcare – for safety reasons children are not allowed in the lab area and cannot be left unattended in the waiting room.
- This test takes about one hour minimum to complete and includes preparation time before the test and monitoring time after the test. The actual exercise time is between 5 – 10 minutes.
- 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.



Exercise Stress Test Information

Medications to Stop 48-hours Before Test

Unless instructed otherwise

Acebutolol/Monitan/Rhotral/Sectral
Atenolol/Tenormin
Bisoprolol/Monocor
Bystolic/Nebivolol
Carvedilol/Coreg
Diltiazem XC
Lopressor SR
Metoprolol SR
Nadolol/Corgard
Pindolol/Viskin
Sotalol/Sotacor
Tiazac XC
Timolol/Blocarden

Sildenafil/Viagra
Tadalafil/Cialis
Vardenafil/Levitra

Medications to Stop 24-hours Before Test

Unless instructed otherwise

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

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.

What will happen during the test?

The test will be explained in detail and any questions or concerns you have will be answered before it 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.

What happens after the test?

- You may resume normal activities after the test is completed.
- There may be skin irritation where the electrodes were placed.
- A copy of your test findings will be sent to the referring doctor to discuss with you.



Location:

2891 Sunridge Way NE, Suite 110
Phone: 403-571-8640

Free parking is available in front of the building.



Transit Directions:

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

