

Please read these instructions before your appointment.

This test is a 45-minute appointment. This includes preparation time before the test and monitoring time after the test. The actual exercise time is usually between 5 to 10 minutes.

What to bring to your appointment:

- Your Alberta Health Care card and government-issued photo ID are required for this test to be completed.
- If you need a translator, please bring one with you to your appointment.
- A bottle of water to have for this test.
- A list of your current medications, including the dose (how much you take) and frequency (how often you take). If you do not have a list of current medications, please bring all your medications with you.
- If you monitor your blood glucose with a scanner, please bring your scanner with you so that levels can be checked before and after your test.

Day of your appointment:

- Please arrive 15 minutes before your appointment.
- Please **take all your prescribed medications at least two hours before** this test. If you take medication(s) with food and the time of your appointment does not allow for a normal meal, please take your pills at the normal time with water and a light meal. If you have questions, please call our clinic to speak with a nurse about your concerns 24-48 hours before the test.
 - If you use an inhaler for asthma or other breathing problems, please bring it with you to the test.
- Wear loose-fitting clothing such as gym shorts and a short-sleeved top, plus comfortable, closed-toe walking or running shoes and socks. This test cannot be done in flip flops, sandals, heels or dress shoes. A change area is available before your appointment.
- You may eat as usual but try to avoid eating 1-hour before your test.
- Do not exercise on your own or in one of our exercise sessions on the day of your test.
- Avoid caffeine, alcohol, nicotine (e.g., inhaler, or cigarettes) and cannabis products 3-hours before and 1-hour after your appointment.
- Arrange for childcare – for safety reasons children are not allowed in the lab area and cannot be left unattended in the waiting room.
- Please report any unusual symptoms you have to one of the testing staff before, during or after the test.
- If you need to cancel, **please call 403-571-6950** 48-hours in advance to reschedule.



Appointment Location

3rd Floor, 803-1st Avenue NE

Phone: 403-571-6950

Free parking is available behind the building.



Transit Directions

- Bridgeland/Memorial station is the nearest C-Train station
- Bus 90, route Sunalta – Bridgeland

Exercise Stress Test | Frequently Asked Questions

Why do I need an exercise stress test?

An exercise stress test provides information about how your heart works during physical activity and whether enough blood flows to your heart when it is working hard. This helps to determine:

- Your likelihood of having coronary artery disease (CAD) or to see how serious this disease is in those who are known to have it.
- If you have any abnormal heart rhythms.
- How well your medications, procedures and/or surgery (e.g., angioplasty, valve replacement, bypass) are working.
- A safe and effective exercise intensity to start an exercise program.

What happens during an exercise stress test?

The test will take place in our treadmill lab and will be supervised by one of our program doctors. A clinical exercise physiologist will also closely monitor you throughout the test. Before the test begins:

- Staff will place electrodes (small sticky patches) on the skin of your chest. To help an electrode stick to the skin, they may have to shave a patch of hair where the electrode will be attached.
- The electrodes are connected to a machine that monitors and records the electrical activity of your heart. This recording, which is called an ECG (electrocardiogram), shows how fast your heart is beating and your heart's rhythm.
- A blood pressure cuff will be placed on your arm to monitor your blood pressure during the test.
- You will then exercise on a treadmill or stationary bicycle. If you are unable to use this equipment, you may turn a crank with your arms.
 - At various points during the test, the exercise level will get harder, but you can stop whenever you feel the exercise is too much for you.
 - The exercise stress test typically lasts only 5 to 10 minutes and will continue until you reach your maximum effort.
 - Your blood pressure and heart rate and will be monitored by ECG for a short time after you finish the test.



If you feel any chest pain, shortness of breath, or dizziness while exercising, please tell the doctor or staff supervising your test.

What do I do after the test is done?

After your exercise stress test is done, you can return to normal activities but should consider the test your exercise for the day. The supervising doctor will review your results at your appointment. A copy of the results will also be sent to your family doctor and cardiologist.

If you need to cancel or reschedule your exercise stress test appointment, please call 403-571-6950 48-hours before your appointment.