

Your appointment time is:

Please contact the Lab at 306-786-8584 if you are unable to keep this appointment.

This is a test of your heart performance while exercising. You will have monitoring devices placed on your chest while you walk on a treadmill.

PATIENT INSTRUCTIONS PRIOR TO TEST:

DO

1. Arrive at least 15 minutes early for your appointment. Go through admitting to register. Bring your provincial health card with you. The stress Lab is located on the main floor, beside the gift shop, in the Heart and Stroke Centre.
2. **Bring a list of all medications** (including over-the-counter, herbal & vitamin supplements) that you take including dose and when they are taken.
3. Wear / bring comfortable walking / jogging clothes (short sleeved T-shirt, and shorts/sweat pants). Do not wear a one piece garment.
4. Wear / bring clean, comfortable shoes appropriate for walking/jogging. **NO HEELS, OPEN TOED SHOES, SLIPPERS, BOOTS or FLIP-FLOPS.**
5. Continue taking **all** your medications.
6. Wear artificial limbs, if you need them.
7. Allow at least 2 hours for the test.

DO NOT

1. **Do not eat at least 1 hour before the test.** Do not eat a heavy meal prior to testing. If you are diabetic, ensure that your sugars are at an appropriate level prior to testing.
2. **Do not consume caffeine the day of the test** (No coffee, tea, hot chocolate, or soda.)
3. **Do not smoke, chew tobacco, or use E-cigarettes the day of the test.**
4. **Do not wear scented products.**

Procedure:

Your ECG, blood pressure, and oxygen saturation will be monitored continuously throughout the process. You will start slowly on the treadmill. We progressively increase the speed and treadmill incline, increasing the difficulty of the test. We ask that you stay on the treadmill as long as possible. You are able to stop the test at any point if you feel that you cannot continue but you should expect to feel fatigued and short of breath during the test. You are to inform staff immediately if you feel discomfort of any kind during the test. The test will be physician supervised.

Following your test the attending physician will give you your results verbally. Copies of your final results will be sent to your family doctor, Nurse Practitioner and/or specialist.