

# Northern Alberta Cardiac Rehabilitation Program

## Activity Tolerance Protocol (ATP) Checklist

On the day of your **ATP** you will be meeting with a nurse and an exercise specialist to complete a 6 minute walk test, hand grip strength measurement and a questionnaire.

### In preparation for your ATP please:

- Take** your medication as usual.
- Bring** an accurate list of your medications.
- Wear** a short sleeved shirt and comfortable walking or running shoes (no open toe or open back shoes).
- Bring** your completed “**patient history questionnaire**”

The following activities can cause poor test results. To help us better understand your heart health please...

- Do not exercise** on the day of your ATP assessment.
- Do not drink** coffee, tea or pop (**caffeine**) up to 2 hours before testing.
- Do not drink alcohol or use recreational drugs 24 hours before testing.
- Expect to be here for at least two hours.

**To cancel and rebook your appointment if you are feeling unwell.**

**Call 780-735-8206**

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