Alberta Health Services

Cardiac Sciences
Northern Alberta Cardiac Rehabilitation Program
Glenrose Rehabilitation Hospital
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Exercise Stress Test Check List

Please use the check list below to help you prepare for your exercise stress test.

Purpose for the test:

☐ To see if I can safely engage in a program of regular exercise

Description of the test:

☐ The Exercise Stress test will be performed on a treadmill, bicycle or armergometer with increasing effort. My blood pressure and heart rate will be monitored throughout the test and I must remain in the Cardiac Rehabilitation unit for at least 20 minutes after the test.

☐ There exists the possibility of certain changes occurring during the tests, they include; abnormal blood pressure, fainting, disorders of the heartbeat and very rare instances of heart attack. Every effort will be made to minimize them. Emergency equipment and trained personnel are available to deal with unusual situations which may arise.

To prepare for your stress test:

☐ **Take** your medications at least one hour before your stress test.

☐ **Bring** an accurate list of your medications, including the dosages.

☐ **Eat** a light meal.

☐ **Wear** a short sleeved shirt and indoor walking/running shoes. (no open toed or open backed shoes)

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

☐ **Do Not** exercise on the day of your exercise stress test.

☐ **Do Not** drink coffee, tea or pop (**caffeine**) for 2 hours before test.

☐ **Do Not** drink alcohol or use recreational drugs 24 hours before test.

☐ **Do Not** use nicotine products for 2 hours before testing

If you are unable to keep your exercise stress test appointment please call at least 24 hours in advance at 780-735-8206 to cancel.

- If you are unwell on the day of your test, please call to speak with your nurse
- A missed appointment can delay the start of your exercise program.

Please arrive 10 minutes prior to appointment time

Thank you!