

Activity Tolerance Protocol (ATP) Checklist for VAD

Northern Alberta Cardiac Rehabilitation Program

Inspiring Healthy Choices and Lifelong Wellness. You Can and Together We Will.

On the day of your ATP you will be meeting with an Exercise Specialist to complete a functional assessment.

In preparation for your ATP please:

- Take** your medication at least one hour before test.
- Have** a light meal prior to your test.
- Bring** an accurate list of your medications, including dosages.
- Wear** a short sleeve shirt and comfortable walking or running shoes (no open toe or open back shoes).
- Bring** any assistive devices, such as walker or walking stick.
- Ensure** you have extra fluids with you
- Ensure** you have the necessary backup VAD equipment with you

Remember:

- Do Not** exercise on the day of your ATP assessment.
- 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.
- Expect to be here for at least two hours.

If you are unable to keep your ATP appointment please call at least 24 hours in advance at 780-407-4727 to cancel.

If you are unwell on the day of your test, please call to speak with your nurse.

A missed ATP appointment can delay the start of your exercise program up to 2 weeks or more.

Please arrive 15 minutes prior to your appointment time.