

Important Instructions for Your Upcoming Appointment

Please review these instructions carefully at least three days before your scheduled appointment. The test will take approximately one hour, which includes preparation, the exercise portion (lasting 5 to 10 minutes), and post-test monitoring.

Preparation Guidelines:

- **Meals:** You may eat a light meal up to one hour before the test.
- **Substances to Avoid:** Refrain from consuming caffeine, alcohol, nicotine (including patches, inhalers, or cigarettes), and cannabis products for 8 hours before your appointment.
- **Medications:**
 - Discontinue the medications listed on the 48-hour and 24-hour lists provided on the next page, unless your doctor has advised otherwise.
 - Continue taking all other medications as usual.
 - If you're unsure about your medications, please call **647-797-3084** at least three days before your appointment for clarification.
- **What to Bring:**
 - All your medications, including their names and dosages.
 - A list of your current medications.
 - Your Ontario Health Care Card and a government-issued photo ID.
- **Additional Instructions:**
- **Attire:** Wear comfortable clothing and walking/running shoes with socks. Avoid boots, flip-flops, or heels.
- **Skin Preparation:** Do not apply lotions, creams, or powders to your chest area on the day of the test.
- **Arrival Time:** Please arrive 15 minutes early to ensure a smooth check-in process.
- **Translators:** If you require a translator, kindly bring one with you to your appointment.
- **Children:** Children are not permitted in the lab area and must not be left unattended in the waiting room.

Cancellation Policy:

If you need to cancel or reschedule your appointment, please notify the office at least 24 hours in advance. Failure to do so will result in a cancellation fee.

What is an Exercise Stress Test?

An exercise stress test evaluates how your heart performs under increased physical stress or activity. During the test, you will walk on a treadmill that gradually increases in speed and incline, allowing healthcare providers to monitor your heart's response to higher workloads.

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What to Expect During the Exercise Stress Test:

1. Explanation and Preparation:

- A healthcare provider will explain the test procedure in detail, including its purpose and what to expect. You'll be asked to review and sign a consent form, confirming that you understand the test and agree to proceed.

2. Preparation for Monitoring:

- Small electrodes will be placed on your chest to monitor your heart rate and rhythm throughout the test. A blood pressure cuff will be used to track your blood pressure before, during, and after the test.

3. The Exercise Portion:

- You'll be asked to walk on a treadmill. The intensity will gradually increase to elevate your heart rate. Your heart activity, blood pressure, and overall response to exercise will be closely monitored.

4. Post-Test Monitoring:

- After the exercise portion, your heart rate, rhythm, and blood pressure will continue to be monitored as they return to normal.

5. Results Discussion:

- Once the test is complete, the healthcare provider will discuss the results with you and explain any next steps, if necessary.

Stop using the following medications at least 24 hours before the test:

1. Beta-blockers such as Metoprolol, Bisoprolol, Atenolol, labetalol, Sotalol Carvediolol and Monacor.
2. Calcium channel blockers such as Diltiazem and verapamil or Cardizem. You may use amlodipine.

Take your other blood pressure pills in the same manner you have been regularly taking