



Exercise Stress Testing Instructions

- 1.** Please arrive 15 minutes prior to your appointment time.
- 2.** A translator must accompany you if you cannot speak or understand local languages, French or English. The test will be cancelled due to language barriers.
- 3.** Please bring exercise or comfortable clothing, running shoes or rubber sole shoes. (No heels, sandals or bare feet on treadmill) You will be asked to remove your top and put a gown on for the test.
- 4.** You may drive your car home.
- 5.** No coffee/tea, caffeinated beverages ie pop, no smoking, Nicorette gum or nicotine patches for 2 hours prior to your test. However you can eat a light snack.
- 6.** Please stop any medication as directed by referring physician. Please bring a list of all your medications with you or email them to mcc@heartdoc.ca and we will add to your chart.