



2 CHAMPAGNE DRIVE (CHAMPAGNE CENTRE) TORONTO M3J 2C5

## **CARDIOLOGY DEPARTMENT**

### **PATIENT INFORMATION SHEET**

#### **Exercise Stress Testing**

Appointments for Exercise Stress Testing are available on referral basis only and are fully covered by OHIP. The test typically lasts about 30 minutes.

#### **Appointment Instructions:**

- Consult your physician on any medication you are taking as some may cause inaccurate result of the test. Also remember to **bring any inhalers** you may have.
- Do not CONSUME ALCOHOL or SMOKE 2 hours before the test.
- Remember to **wear appropriate clothing and shoes** for physical activity.
- Must bring a VALID HEALTH CARD, ALL CURRENT MEDICATIONS and a translator if the patient cannot speak English.
- If Health Card is not valid or expired, uninsured visit charges will apply.
- Patient will be asked to read and sign the consent form prior to starting the test.
- Patients who wish to RESCHEDULE or CANCEL their appointment must do so at least 48 business hours in advance to avoid a NO-SHOW fee of \$113.

#### **Description of Test: Exercise Stress Testing**

Exercise Stress testing is done to determine how patient's heart is functioning under physical activity. The aim of this test is to rule out Coronary Heart Disease. Signs and symptoms for this disease are less prevalent when your heart is at rest and is the first test in cardio diagnostics. The test also finds abnormal shortness of breath, changes in heart rates and blood pressure while under stress, and abnormal changes to patient heart's rhythm.

Electrodes will be attached to patient's chest and arms which are attached to an electrocardiogram in order to measure the heartbeats. Patient will be asked to walk on the treadmill and the speed or resistance will be increased in 3 minute increments. Technician will continue to increase speed and resistance until the target heart rate is reached or patient is too exhausted to continue or start feeling dizziness, nausea or chest pains. This is done to get a reading on patient's heart while under physical exhaustion.

For more information about the services provided at the Polyclinic Cardiology Department or for referral information please contact us at 416-222-6160 EXT. 243.

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