

## What to bring to your appointment

- OHIP card
- Translator, if needed

## Location

Markham Site  
Diagnostic Services is located on the second floor of Building B.

## Where to park

Parking is available in Visitor's Parking Lot 1 – Main Entrance/Link Lobby. Located on Church Street between Ninth Line and Bur Oak and can be accessed by the entrance off of Butternut Lane.

## Where to go on the day of your appointment

Before proceeding to your appointment, you must **register with Main Entrance Registration** located in the Main Lobby (2nd Floor, Building A) **15 minutes before** your scheduled appointment.

Appointment Date: \_\_\_\_\_

Appointment Time: \_\_\_\_\_

To reschedule or cancel your appointment, call Patient Scheduling at 905-472-7020.

If you are feeling unwell, have a high temperature, cough or sore throat on or before the day of your appointment, please reschedule your appointment.

BROCST (11/16)



MARKHAM STOUFFVILLE HOSPITAL

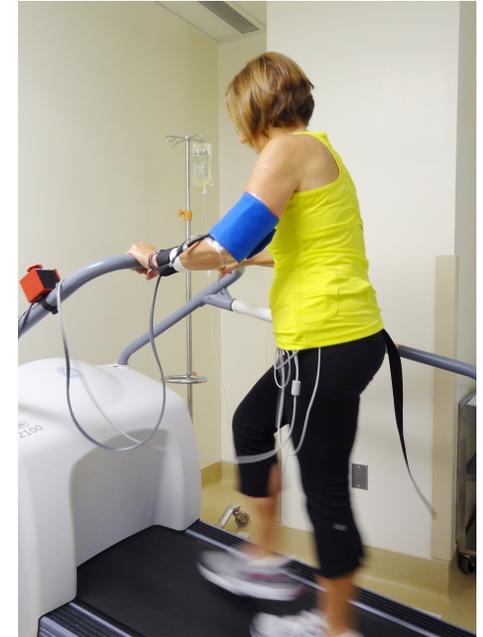
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## Cardiac Stress Test



## Patient Information



MARKHAM STOUFFVILLE HOSPITAL  
A PROUD HERITAGE – AN EXTRAORDINARY FUTURE

### What is a cardiac stress test?

A cardiac stress test monitors your heart rate and blood pressure as your heart reaches its maximum target heart rate while you are exercising. This will help your physician to determine the presence and extent of cardiac muscle dysfunction. Physicians order this test for the following reasons:

- Strong family history of cardiac disease
- High blood pressure or high cholesterol
- Recent heart attack
- Recent bypass surgery
- Recent angioplasty
- Chest pain or heart palpitations
- For the stroke LEEP (lifestyle education and experience program) (before and after)
- As a part of an annual check up

Please **exclude caffeine products, alcohol and smoking on the day of your test.**

Caffeine products include: coffee and tea (decaffeinated and caffeinated), chocolate, cocoa, soda, pop and any medication or supplements that may have caffeine.

If you are taking heart or blood pressure medications, check with your physician whether you are to stop the medication before the test.

### What to Expect Before Your Test

You may have a light meal approximately **two hours** before your appointment. Bring loose-fitting, comfortable, short-sleeved exercise clothing (t-shirt and shorts or jogging pants) and rubber-soled shoes (running shoes). Do not wear a dress or skirt. Women must wear a bra for exercise.

Please do not wear jewellery or perfume for your test. If you use an inhaler for asthma or other breathing problems, bring it to the test and let the technologist know. Bring a complete list of medication to your appointment.

### What to Expect During Your Test

When you arrive for your cardiac stress test, we will explain the procedure to you. We will attach a blood pressure cuff to your arm and ECG electrodes on your chest. You will be walking or running on a treadmill until your heart reaches its target heart rate, or until you become tired. Please allow one hour to complete your test.

### What to Expect After Your Test

There will be a five-minute rest period after the test where the technologist will continue to monitor your heart rate and blood pressure until they return to your baseline. After the test, you may return to your regular activities.

### FAQS

#### How long do I have to walk/run on the treadmill?

However long it takes for your heart to reach its maximum target heart rate. For most people, this will take six to 12 minutes.

#### What if I cannot complete the test?

We ask you to continue as long as you can and we will derive results from the information we gather.

#### What is a normal heart rate and blood pressure?

A normal range of blood pressure is from 120/60 to 180/80. Normal heart rate range is from 60 to 100.

#### Why do I have to sign a consent form?

There is a slight risk to stressing your heart and the consent form allows you to be treated should problems occur during your test.