

# Preparing for your Exercise Stress Test



## What is an exercise stress test (EST)?

A test that shows how well your heart works during physical activity. We use it to assess the function of your heart muscle and evaluate your heart's electrical activity. During the test, you will walk on a treadmill while we monitor your heart using two devices:

- A **blood pressure monitor** (a cuff worn on your arm that inflates periodically to measure how hard your heart is working to pump blood through your body)
- An **electrocardiogram or ECG** (small sticky pads are placed on your chest and connected to a monitor by wires. This records your heart's electrical activity)

## APPOINTMENT INFORMATION

**Date of Test:** \_\_\_\_\_

**Time of Test:** \_\_\_\_\_

Please **arrive 15 minutes before** your appointment to register. Have your health card ready.

### Location of Test:

- West Coast General Hospital  
Cardio Pulmonary Diagnostic Department  
3949 Port Alberni Hwy  
Port Alberni, BC V9Y 4S1

Use Main Entrance, turn left, just past the coffee shop (in the circle).

Please note: Parking at WCGH is free but can be very busy. It's recommended to arrive early to avoid parking stressors.

- Alberni Internal Medicine Clinic  
4690 Elizabeth St  
Port Alberni, BC V9Y 6L7

Free parking on Elizabeth or in the lot at rear of building (accessed from Burke Rd.)

**48-hour notice is required to reschedule.** Please call (250) 736-5078 if you are unable to attend this appointment.

## THE DAY BEFORE YOUR TEST

Please **do not take the following medications in the 24 hours before your test.** Please restart the medications after the test is completed.

**Beta Blockers** - such as: Acebutolol (Sectral), Atenolol (Tenormin), Betaxolol (Kerlone, Betopictic), Bisoprolol (Zebeta), Carteolol (Cartrol), Carvedilol (Coreg), Esmolol (Brevibloc), Labetalol (Normodyne, Trandate), Metoprolol (Lopressor, Lopressor LA, Toprol XL), Nadolol (Corgard), Penbutolol (Levato), Propranolol (Inderal, Inderal LA), Timolol (Blocardren), Nebivolol (Bystolic), Combination Bisoprolol with HCTZ (Ziac), Coreg (Carvedilol), Sotalol, Pindolol (Visken), Tenoretic (Tenormin, Atenolol/Chlorthalidone)

**Calcium Channel Blockers** - such as: Amlodipine (Norvasc), Diltiazem (Cardizem, Dilacor, Tiazac), Felodipine (Plendil), Isradipine (Dynacir), Nicardipine (Cardene), Nifedipine (Procardia), Nisoldipine (Sular), Verapamil (Calan, Verelan PM, Isoptin, Covera-HS),

## THE DAY OF YOUR TEST

Consume only small snacks, water, tea and coffee in the 2 hours prior to your test.

We recommend a light meal 2 or more hours before your test, not a large meal. Exercising on a full stomach can be quite uncomfortable.

Bring Your health card and photo ID

Bring a list of all your current medications or, the actual medicines in original containers.

Please include all over-the-counter medicines, herbals, vitamins and supplements.

Wear loose, comfortable clothing and running shoes.