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Internal Medicine & Cardiovascular Disease

EXERCISE STRESS TEST

Instructions:

Do not eat, smoke or drink alcohol or caffeinated beverages for ***at least 4 hours*** before the test.

Continue taking all your regular medications on the day of the test with small sip of water. Diabetics on insulin or oral hypoglycemics, patients on beta-blockers will be given special instructions at the time of scheduling regarding the use of these medications depending on the reasons to do the test. Please ensure that you received those instructions.

Wear comfortable clothing (short or sweat pants with shirts or blouse) and walking or jogging shoes. Men are usually bare-chested during the test, while women often wear a bra or hospital gown.

Do not apply lotions, oils, or powders on your chest, shoulder or hip areas.

Remove all your jewellery from your neck, arms and or wrist