

## PREP INSTRUCTIONS:

Please wear running or walking shoes and comfortable clothes to exercise in. We do ask that you refrain from using lotion or perfumes on the chest area to ensure a good connection between the electrodes and your skin. Please also bring your current medication list if you have one.

We have cups for water and towels in the Stress Test Innovation Lab for your comfort. A private shower is available if you would like to use it after your appointment.

## CONVENIENT PARKING:

ACU Lot (front of hospital)  
Health Sciences Parkade (behind hospital)

## DIRECTIONS TO OUR LAB:

SportsCardiologyBC is located on the second floor of Koerner Pavilion at UBC Hospital: 2211 Wesbrook Mall  
Stress Testing Innovation Lab: Room S312

### From the main entrance (ACU Lot):

1. walk past main switchboard and go to your left when you reach the wall
2. take your second right, where elevators will be on your right

### From the side entrance (Health Sciences Parkade):

1. elevators will be to the left when you walk through double sliding doors.

Take an elevator to the second floor and exit the elevator to the left following the signs to "Cardiology." Please go through the open grey doors to the waiting area and check in at the desk.



## SPORTSCARDIOLOGYBC EXERCISE STRESS TEST INFORMATION



A cardiac stress test measures the heart's ability to respond to external stress in a controlled environment. Exercise allows doctors to detect abnormal heart rhythms and diagnose the presence or absence of coronary artery disease. It also allows for doctors to determine treatment options and management of previously diagnosed cardiac disease.

## QUESTIONS?

Call us at **604-822-9494** or send us an email at [scbc.research@vch.ca](mailto:scbc.research@vch.ca)

Please visit our website for more information: [www.sportscardiologybc.org](http://www.sportscardiologybc.org)

## OUR EQUIPMENT:

At SportsCardiologyBC, we offer two different treadmills (one large and one smaller machine) and a bike to better accommodate our patients and study participants. Our bike does have optional clip on pedals if you would like to bring your cycling shoes.

Please let us know which machine you would prefer to be tested on and if you have any restrictions or injuries prior to the test.



## TESTING DETAILS:

The patient's skin will be prepared with alcohol wipes and abrasive tape to ensure clear readings. 10 electrodes (stickers) will be placed on the patient's chest and attached by leads (wires) to a module that wirelessly sends information to the technologist's computer. Please let us know if you have sensitive skin that reacts to latex or adhesives.

For information on our protocols, please visit our website. The Cardiology Technologist will choose which protocol is best for you at the time of your appointment.

You will be encouraged to exercise until you are too tired to continue, you experience symptoms, or if something is seen by the Cardiology Technologist that would cause them to terminate the test. Your heart rate and rhythm will be continuously recorded and blood pressure will be taken at the end of each stage.