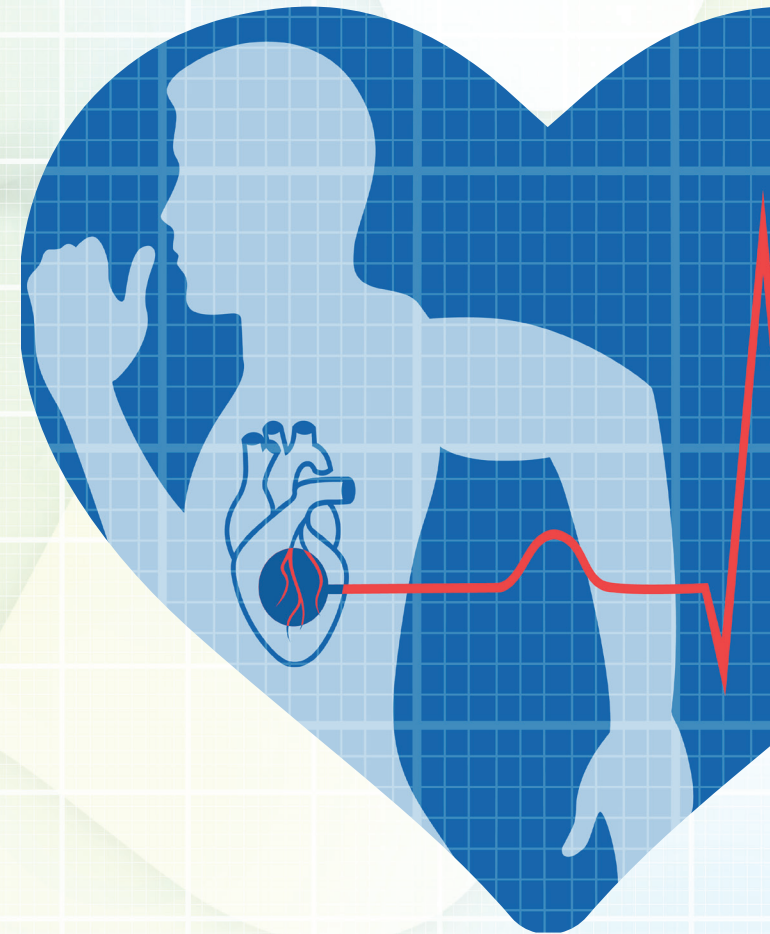


# Exercise testing at the exercise physiology clinic



## 10. WHAT ARE THE REQUIREMENTS FOR THE TEST?

You should arrive at least 15 minutes before the appointment to complete the following:

- ♥ Check in at the reception desk.
- ♥ Complete a vital signs check by the nurses.

## 11. CAN I EAT BEFORE THE TEST?

- ♥ It is strongly advised not to eat any food at least 2 hours prior to the test.
- ♥ It is okay to drink water.
- ♥ Do not drink any products that contain caffeine before the test.

## 12. CAN I BRING COMPANY WITH ME DURING THE TEST?

The test must be done without anyone else present, unless there is a need for physical assistance.



## 1. WHAT IS AN EXERCISE TEST?

An exercise test helps to find out how well your heart and lungs handle work. As your body works harder during the test; it requires more oxygen so the heart must pump more blood. The test can show if the blood supply is reduced in the arteries that supply the heart. It also helps to know the kind and level of exercise appropriate for a patient.

## 2. WHY DO PEOPLE NEED AN EXERCISE TEST?

**The Exercise Physiologist uses exercise tests to find out:**

- ♥ If you have an irregular heartbeat.
- ♥ If your symptoms (such as chest pain or difficulty breathing) are related to your heart.
- ♥ How hard you should exercise when you are joining and starting an exercise program.
- ♥ To prescribe the right amount of exercise for you.

## 3. HOW DO I PREPARE FOR A TEST?

- ♥ Initially tell your Healthy Lifestyle doctor about any medicines you take. He or she may ask you not to take them before the test. Do not stop taking them unless the doctor says so.
- ♥ Avoid consuming nicotine products or smoke for at least 24 hours before the test.
- ♥ Wear comfortable, loose-fitting clothing and walking shoes with rubber soles.



## 4. WHAT HAPPENS DURING THE TEST?

1. First, you will conduct a rapid COVID-19 test that will give results in 10 minutes.
2. Then, you will be hooked up to equipment to monitor your heart.
3. Then, you will be asked to walk slowly in place on a treadmill.
4. The treadmill tilts (inclines) so it feels like you are going up a small hill.
5. It changes speeds to make you walk faster.
6. You may be wearing a mask and asked to breathe into a tube during the test.
7. You can stop the test at any time if you need to, and re-schedule for a new test if necessary.
8. After slowing down for a few minutes, you will sit or lie down and your heart and blood pressure will be checked.

## 5. WHAT IS MONITORED DURING THE TEST?

- ♥ Your heart rate.
- ♥ Your breathing.
- ♥ Your blood pressure.
- ♥ Your electrocardiogram (ECG or EKG).
- ♥ How tired you feel.
- ♥ If you feel any discomfort.

## 6. WHAT EQUIPMENT IS USED IN THE TEST?

1. You will be connected to an electrocardiography machine, which will record your heartbeat and heart waves in an electrocardiogram (ECG).
2. Wires, or electrodes, will be hooked up to your chest and arms or shoulders. The wires are connected to the ECG machine.
3. You will walk on a treadmill.
4. Near the end, you may breathe into a mouthpiece that will measure the air you breathe out.

## 7. IS THERE ANY RISK IN THE TEST?

There is very little risk – no more than if you walked fast or jogged up a big hill. Medical professionals are on hand in case anything unusual happens during the test.

## 8. HOW OFTEN I HAVE TO DO THE TEST?

You might be advised by the Healthy Lifestyle Physician to repeat the test every 3 months as a follow up.

## 9. HOW LONG IS THE TEST?

Normally, the test will not take more than 10 minutes depending on your physical condition, but the whole consultation might last around 50 - 60 minutes.

