
Exercise Test and Preparation

What is an exercise test?

This test measures how well your heart and lungs work when you exercise. During this test, your heart will be monitored by the doctor. Your breathing will be tested at the same time. You pedal a stationary bicycle. As you pedal, the doctor will tell you what to do and monitor your heart and lungs. The test takes about 1 hour.

You will be asked to sign a consent form before doing the test. If you are under 16 years of age, your parent or guardian must come to the test to sign the consent.

SHOULD I TAKE MY MEDICATIONS BEFORE THE TEST?

- Take your medications as you normally do, unless the doctor who ordered the test has given you other instructions.
- If you have any questions about your medications, call your doctor for advice.

When you come for the test.....

- Wear comfortable, loose clothing and shoes, such as running shoes or low heeled shoes, so that you can pedal a bicycle.

If you need to change or cancel your appointment, please contact the Booking Office 48 hours before your appointment time, so that another person can be schedule in your place. The phone number is 905-522-1155 ext. _____