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Mission Hospital  
3<sup>rd</sup> Floor  
Consult Area

INSTRUCTIONS AND STEPS FOR STRESS CONSULT

1. If you want to cancel the stress test, please call us 48 hours before the stress test or there will be charge for no show.
2. Stress test is done usually to find out if you have plugged up heart arteries or other significant heart problems.
3. The treadmill starts slowly. It will get faster and steeper every 3 minutes.
4. You should wear comfortable clothes and runner shoes.
5. You should not eat a large meal 3 hours before stress test.
6. Try your best to complete the treadmill test. If the target heart rate is not achieved the test is not interpretable.
7. If you have any chest pain or unusual shortness of breath before the treadmill or during the treadmill test, please inform our staff.
8. You will be walked on a treadmill until the heart rate reaches about 90% of maximum predicted for your age.
9. **IF YOU TAKE ANY OF THESE MEDICATIONS, PLEASE STOP ONE FULL DAY BEFORE THE TEST:**  
ACEBUTOLOL, ATENOLOL, BISOPROLOL (Monacor),  
COREG (Carvedilol) METOPROLOL, LABETOLOL,  
PROPANOLOL (Inderal), CARDIZEM, DILTAZEM  
(Tiazac), VERAPAMIL (isoptin)  
NO NITRO PATCH THE DAY OF THE TEST

**THERE IS 150 DOLLAR CHARGE FOR MISSING THE TEST.**  
**THERE IS 250 DOLLAR CHARGE FOR MISSING THE CONSULT.**

Your appointment for stress test is:

on.....at.....AM.....PM