
Patient Instructions for Stress and Echo Test

Cancellation notice must be provided at least 24 hours in advance. Thank you!

Heart Niagara will be contacting: Name: _____

to book an appointment for a **Stress Test** on _____ at _____
(Patient to complete) **Day/Month/Year** **Time**

Stress Test

Instructions:

- Please come 15 minutes before your appointment in casual clothing and soft soled shoes.
- No coffee, tea, alcohol 24 hours prior to test
- If morning tests – do not eat prior
- If afternoon test – eat breakfast, light lunch
- Do not drink large quantity of water prior to test
- Take medications as usual or directed by your physician.

to book an appointment for an **Echo Test** on _____ at _____
(Patient to complete) **Day/Month/Year** **Time**

Echo Test

- Please come 15 minutes before your appointment in casual clothing.
- No special preparation is necessary

Directions:

Heart Niagara is located on the main floor of the Allied Health Centre behind the Greater Niagara General Hospital. From the Queen Elizabeth Way (QEW) to Niagara, take Exit 420 Bridge to USA. At the corner of 420 and Stanley Avenue (stop lights), turn right onto Stanley Avenue. At the second street (North Street), turn right, half way up the street on your right hand side enter the parking lot Allied Health Centre, parking in the lot is pay and display. Please bring change.