Programme d'amélioration de la santé cardiovasculaire McGill McGill Cardiovascular Health Improvement Program

3505 ATWATER, MONTRÉAL (QUÉBEC) H3H 1Y2 TEL: 514 489-6630 FAX: 514 489-2604 www.chiprehab.com

Checklist for CHIP appointment

Please bring the following to your appointment;

- ◆ Copies of all pertinent test results if available
 - Discharge summary from hospital
 - Operation room report for bypass or valve replacement surgery
 - Echocardiogram reports
 - Stress test reports
 - Nuclear test results
 - Recent blood test results
- List of current medications including dosage
- Medicare card
- ◆ Cash or cheque for \$190.00 if doing an exercise stress test
- Please read instructions for the exercise stress test

Preliminary Instructions for an Exercise Stress Test

- Bring an updated list of medications and dosages
- Take your medications as usual

Food, beverages, exercise and tabacco:

- ♦ 6 hrs prior No alcohol or exercise
- ♦ 2 hrs prior No caffeine (coffee, tea, cola), food or cigarette smoking

Dress requirements:

Bring T-shirt, shorts or pants, & running shoes