



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 \$220.00 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 tobacco:

- 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