



EXERCISE STRESS TEST INFORMATION AND CONSENT FORM

BEING PREPARED FOR YOUR EXERCISE STRESS TEST

Your doctor has asked you to undertake an Exercise Stress Test. This is an important test in helping your doctor reach a diagnosis for you. To make sure your test provides the best results, we would be grateful if you would:

- Bring along this form and the referral form your doctor gave you.
- A list of your medicines.
- Stay on your usual medications unless you are told otherwise by the doctor. If this test is being performed to establish a diagnosis, you may need to stop taking certain drugs (e.g. beta blockers, Verapamil and Diltiazem) 48 hours before your test. If this is a follow up test, you would normally stay on all your current medications. **Please check with your doctor prior to stopping any of your medications**
- Wear loose, comfortable clothing and walking shoes or joggers. You will be walking on a treadmill and it is important to wear clothes which will be suitable for activity involving exertion and that are in two pieces, i.e. shorts/ trousers, skirt and shirt.
- Only have a light breakfast if your test is in the morning or a light lunch if your test is in the afternoon. It is much easier to walk when your stomach is not full. It is preferable that you do not eat for 2 hours before your test.
- Please notify us prior to the test if you are diabetic or have any other medical conditions.

THE PURPOSE OF THE TEST

Exercise testing measures the performance and capacity of the heart, lungs and blood vessels. In many cases, the test is carried out to assist in making a diagnosis of patients with suspected coronary artery disease. Other uses of the test include evaluating a patient's capacity to undertake certain physical activities, the planning of an appropriate training program, assessment of prognosis in patients with heart disease and the effect of medical treatment, angioplasty or surgery, on symptoms.

HOW THE TEST WORKS

Testing consists of walking on a treadmill, the speed and gradient of which are increased every three minutes. Throughout the test a doctor will be present and your pulse, blood pressure and electrocardiography will be monitored. If there is any change in any of these observations that concern the attending doctor, the test may be stopped.

The test will also be stopped if you become tired or breathless, or if you develop chest pain or other symptoms. Your pulse, blood pressure and electrocardiogram will continue to be monitored for some time after the test has been stopped.

If at any time during the test you are feeling unwell in any way, tell the doctor immediately.

At the end of the test you will be disconnected from the ECG machine and all electrodes. However on completion of the test we will ask you to take a seat in our waiting room for a further 10-15 minutes before you leave.

What does a normal test result mean?

A normal test reduces the probability that you have a significant blockage in your heart arteries but it does not exclude heart artery disease. False negative results can occur so if your symptoms persist further investigation may be required.

What does an abnormal test result mean?

Abnormal results may be due to a problem with blood supply to the heart but sometimes false positive results can occur. A more sophisticated test may be needed to clarify the matter.



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RISKS ASSOCIATED WITH THE TEST

Exercise stress testing is usually performed in patients with suspected or known coronary artery disease. We have taken steps to minimize the risks of this procedure, but there is a small risk of complications, which you should be aware of. We have emergency equipment available and all staff involved in the test are trained to deal with any complication that may arise. In two to three cases in every 10,000 tests performed there are risks of serious complications. These include the possibility of a major disturbance of heart rhythm requiring resuscitation, the development of heart failure or prolonged angina (heart pain), the occurrence of a heart attack or death. The chance of this in an average patient is approximately one in 10,000, although the risks, both of complications and of death, may be higher in patients who are already known to have severe coronary disease.

PATIENT'S STATEMENT

I was given an opportunity to ask questions and raise concerns with the supervising doctor about the procedure and its risks. I was given a copy of the Exercise Stress Test Information Sheet and Consent Form to read. My questions and concerns have been discussed and answered to my satisfaction.

The supervising doctor has explained to me that if immediate life-threatening events happen during the procedure, they will be treated accordingly.

On the basis of the above statements, **I REQUEST TO HAVE THE PROCEDURE.**

U.R. No _____ (Attach patient label if applicable)

SURNAME _____

GIVEN NAMES _____

D.O.B. _____ SEX **M / F** (Please circle)

GP _____

SIGNATURE _____ DATE / /

DOCTOR'S STATEMENT

I have given the patient an opportunity to ask questions about any of the above matters and raise any other concerns which I have answered as fully as possible. I am of the opinion that the patient understood the above information.

NAME _____ SIGNATURE _____ DATE / /

INTERPRETER'S STATEMENT (if applicable)

I have given a translation in _____ of the consent form and any verbal and written information given to the patient by the doctor.

NAME _____ SIGNATURE _____ DATE / /