

Exercise Stress Echocardiogram Test

Information and consent form



What is the purpose of this test?

Exercise stress echocardiogram tests measure your heart's response to exercise. The results are useful in identifying the efficiency of your heart, any presence of coronary artery disease and help your doctor reach a diagnosis.

How does the test work?

The test generally involves three stages and takes around 45 minutes in total.

1. Firstly an echocardiogram is performed (an ultrasound of your heart). A sonographer will move a transducer with gel across your chest to evaluate your heart and measure its pumping ability at rest.
2. Secondly, you walk on a treadmill while the speed and gradient is increased every 2-3 minutes.
3. Lastly, an echocardiogram is performed again to compare your heart's function after exercise.

A cardiologist will be available throughout the exercise test and your pulse, blood pressure and electrocardiography (ECG) trace will be monitored. Any changes that concern the doctor will result in the test being stopped. If you feel unwell in any way during the test, please inform our staff. The test may also be stopped if you feel tired, breathless, develop chest pain or other symptoms. On completion of the test you will be asked to remain in our waiting room for 15 minutes prior to leaving.

Do I need to prepare?

- Wear loose, comfortable clothing and walking shoes appropriate for walking on a treadmill. Also consider clothing that can be removed for when our sonographer performs the ultrasound on your chest (a gown is available).
- You do not need to fast, but avoid eating for 2 hours prior to the test as a full stomach may cause discomfort while exercising.
- Please notify us if you are diabetic or have any other serious medical conditions.
- Continue taking your usual medication unless you are told otherwise by your doctor. (Some drugs eg beta blockers, Verapamil and Diltiazem, may need to be stopped 48 hours before your test to provide a more accurate test result.) Please check with your doctor prior to stopping any medications.

Are there any risks associated with this test?

While every effort is made to maximise patient safety, there is a small risk of complications, including disturbances to the heart rhythm, heart failure, prolonged chest pain or the development of a heart attack. Resuscitation may be required in these events. The risk of one of these events occurring is approximately 2 in 10,000 tests and a 1 in 10,000 risk of death. Patients who are already known to have severe coronary disease are at higher risk.

Consent

Patient Name: _____ Date of birth: / /

I have read the above information relating to exercise stress tests. I am aware of the risks involved and have been given the opportunity to ask questions. I give my consent to participate in this test.

Signature _____ Date: / /

Name if signed on Patient's behalf: _____

Relationship to patient: _____
