



CARDIAC STRESS TESTING

The purpose of this document is to provide written information regarding the risks, benefits and alternatives of the procedure named above. This material serves as a supplement to the discussion you have with your physician. It is important that you fully understand this information, so please read this document thoroughly.

The Test: A nurse specialist and/or a physician will determine if there is any medical reason that you should not be tested and will supervise the testing. The test you will be having is a:

- Treadmill stress test**, during which you will walk on a moving belt.
- Stress echo test**, during which you will walk on a treadmill. Ultrasound pictures of the heart will be taken before and immediately after exercise.
- Stress with isotope imaging**, which consists of walking on a treadmill. A radioactive isotope will be injected by needle, intravenously, followed by pictures of the heart.
- Cardiopulmonary stress test (CPX)** during which you will ride a bicycle while your breathing is measured through a mouthpiece and with a noseclip. Also, a sensor which causes no discomfort will be placed on your finger to measure the oxygen level in the blood.
- Dobutamine stress test**, combined with echocardiography, during which ultrasound pictures of the heart are done before, during, and after Dobutamine (a medication) is given by intravenous needle. No physical exercise is involved.

Your heart rhythm and blood pressure will be monitored throughout the test. The level of stress will be increased gradually until the appearance of any of the following: moderately severe shortness of breath or chest discomfort or fatigue; significant dizziness; significant change in heart rhythm or blood pressure; or achievement of the desired work load.

Benefits

Cardiac stress testing is performed to:

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| <ol style="list-style-type: none">1. Assist your physician in assessing the condition of your heart and blood vessels and/or | <ol style="list-style-type: none">2. Formulate an appropriate plan of treatment based on your particular heart problem3. Improve accuracy of diagnosis |
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Risks

Every test involves a certain amount of risk and it is important that you understand the risks involved. An individual's choice to undergo a test is based on the comparison of the risk to potential benefit. Possible effects of cardiac stress testing include:

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| <ol style="list-style-type: none">1. Abnormally low blood pressure2. Fainting | <ol style="list-style-type: none">3. Irregularities of the heart rhythm4. In very rare instances, heart attack and/or cardiac arrest and/or death <p>To minimize the probability of any of these complications, you will be carefully evaluated prior to the test and monitored throughout testing. Emergency equipment and trained personnel are immediately available.</p> |
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Alternatives

Alternatives include:

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| <ol style="list-style-type: none">1. Not undergoing the test | <ol style="list-style-type: none">2. Other diagnostic tests |
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If you have any questions regarding the procedure, risks, benefits, or alternatives to this procedure, ask your physician prior to signing any consent forms.

Patient Signature

Date

