



## Consent Information – Exercise Stress Test

### 1. What is an Exercise Stress Test?

The exercise stress test measures the function of the heart, lungs and blood vessels. It is usually done to help diagnose blocked arteries in the heart (coronary artery disease).

Before the test starts, an electrocardiogram (ECG) is taken. This is a paper recording of your heart beat.

Next, your heart is exercised or 'stressed'. If you can walk easily, you can walk on the treadmill. The speed and slope of the treadmill will increase every couple of minutes. This makes your heart do more work. The test will be stopped if you have chest pain, become very tired or very short of breath (puffed). Your pulse, blood pressure and electrocardiogram are monitored during and after the test. If the doctor is worried about this, the test is stopped.

If you feel unwell you should tell staff at once and the test will be stopped.

The test usually takes about 30 minutes.

### 2. What are the risks of this specific investigation?

There are risks and complications with this investigation. They include but are not limited to the following.

**Common risks and complications (more than 5%)** include:

- Mild angina.
- Shortness of breath.
- Musculoskeletal discomfort.

**Uncommon risks and complications (1 – 5%)** include:

- Low blood pressure.

**Rare risks and complications (less than 1%)** include:

- Fainting.
- Abnormal heart rhythm that continues for a long time. This may need an electric shock to correct.
- Build up of fluid in the lungs. You may need medication to treat this.
- Severe chest pain. This is treated with medications.
- Heart Attack
- Death as a result of this procedure is extremely rare.

### Notes to talk to my doctor about:

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