**CARDIOLOGY ASSOCIATES**

Suite 9/20-24 Gibbs Street, MIRANDA, NSW 2228

**INFORMATION AND CONSENT FOR EXERCISE STRESS TESTING**

**Patient Name: DOB:**

Exercise stress testing is helpful in the assessment of numerous heart conditions, particularly in the diagnosis of severe coronary artery disease.

During the test, you will be asked to walk on a treadmill, which will increase in speed and gradient every 3 minutes (depending on your exercise capacity). Appropriate footwear should be worn, e.g. joggers (no bare feet or heeled shoes) to maximise safety and gain optimal test results. It may be required that we obtain some additional information to aid in your care and/or diagnosis before and after the exercise stress test. This will be done by taking some ultrasound images of the heart (Cardiac Echo).

Complications that could arise from exercise stress testing are as follows: Abnormal heart rhythm, heart failure, prolonged angina, and heart attack. These risks are calculated at around 2-3 out of 10,000.

During your exercise stress test, you will be closely monitored by a Cardiologist, who will ensure that any risk to you is kept to a minimum, and will manage any complications, in the unlikely event that they occur. Please feel free to ask any questions or discuss the procedure with your Cardiologist *before* commencing.

I have read and understand the above information and have had the opportunity to ask questions. I hereby consent to undergoing an exercise stress test:

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**Patient Signature Witness Signature Date**

***FOR OFFICE USE ONLY***

**No known IHD**

**□** Symptoms suggestive of angina

**□** Abnormal ECG suggestive of IHD.

**Known IHD**

**□** Progression of symptoms despite medical therapy

**□** Assessment of moderate lesions seen on CT, angiogram

**□** Risk of silent ischaemia or symptom under-reporting (language, poor historian, cognitive issues): Doctor to specify

**□** Testing ischaemic threshold of potentially prognostic lesions

**Functional assessment**

**□** Aortic valve disease in patient being considered for surgery/TAVI

**□** Mitral valve disease in patient being considered for surgery

**□** To exclude IHD in SOBOE considered likely to be non-ischaemic

**□** Prior to intermediate to high risk surgery in high-risk patients (IHD, LVF, TIA, CRF, Diabetes).