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INFORMATION AND CONSENT FORM **EXERCISE ECG**

Purpose of the test

Exercise ECG testing, also called stress testing, is used to measure your tolerance to exercise under medically supervised conditions. The test gives us useful information about the response of your heart to exercise. We perform exercise stress testing if you have suspected coronary artery disease, if we know you have coronary artery disease but want to monitor your response to treatment, and simply to measure exercise capacity in certain conditions.

The test itself

Throughout the test a doctor will be present, and Dr Playford will be immediately available if required. Initially you will be attached to ECG electrodes, and a resting ECG taken. You will then begin to walk on a treadmill at a speed and tilt set by the computer. It starts slowly, and throughout the test we will monitor your ECG, pulse rate and blood pressure. The treadmill will increase in speed and tilt every three minutes. The test will finish if you reach the limit of your exercise capacity or earlier if decided by the doctor. It is important that you let the doctor know if you develop chest pain or other symptoms.

Risks associated with the test

The risks of exercise ECG testing are approximately the same as sudden unaccustomed exercise. We carefully control the amount of exercise, and take into account any medical problems you may have. Despite this, there is the small risk you may develop heart rhythm abnormalities, and an even smaller risk you may have a heart attack precipitated by the exercise. We are equipped with all necessary resuscitation facilities, and all staff involved are trained to deal with any complications that may arise.

Consent to the test

By signing below you are consenting to undergo exercise ECG testing, and understand the purpose of the test, the test itself, and any risks associated with the test.

Signature

Print name

Date

Witness

Date witnessed

Date of test