



PATIENT INSTRUCTION SHEET

- EXERCISE TEST
- EXERCISE TEST & CARDIAC REHABILITATION PROGRAM

APPOINTMENT DETAILS

DATE: _____

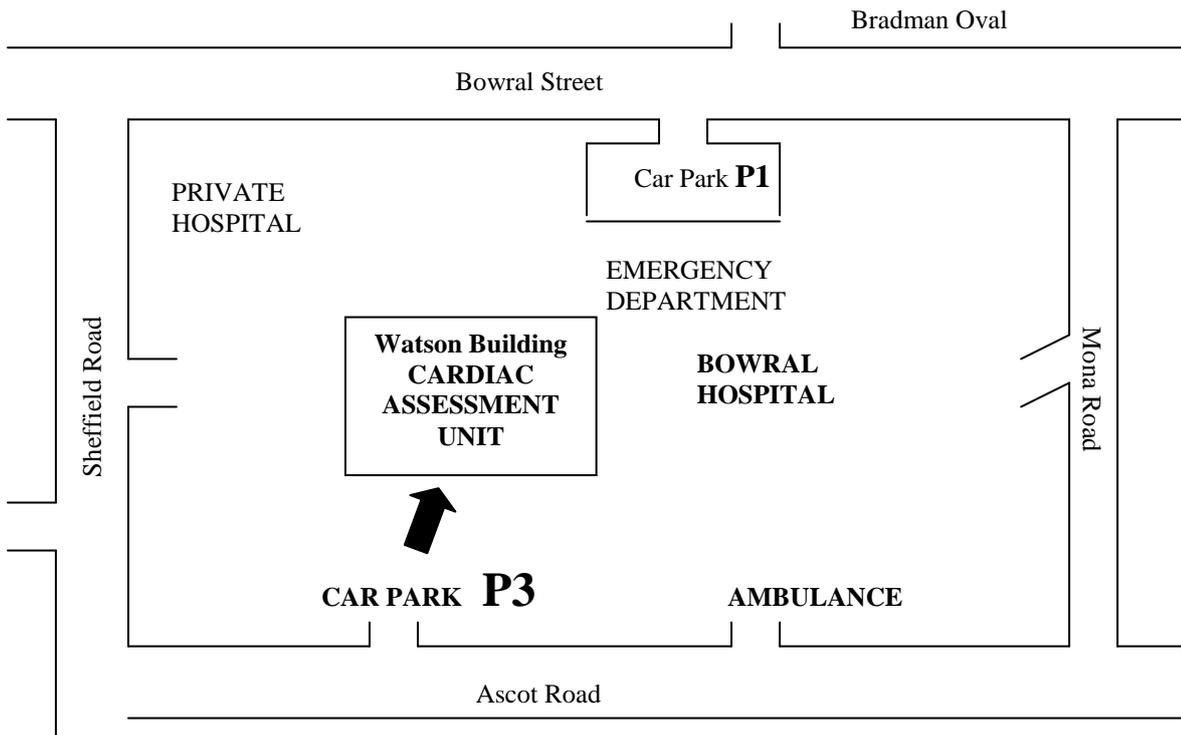
TIME: _____

PATIENT INSTRUCTIONS

Please contact CAU on 48610290 to make your appointment

Opening Hours: Monday to Friday 8am – 430pm

- PLEASE BRING Medicare card and/or DVA card
List of your current medications
Reading glasses
- Please take the time to read the consent information
- No alcohol 24 hours prior to the test
- Allow 1 to 1.5 hours for the test
- MEN: Wear comfortable clothing and walking shoes
- WOMEN: Wear pants or skirt, loose top, a bra and walking shoes
NO DRESSES PLEASE



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BOWRAL & DISTRICT HOSPITAL

CONSENT FOR EXERCISE STRESS TESTING

THE PURPOSE OF THE TEST

Exercise testing measures the performance and capacity of the heart, lungs and blood vessels. In most cases, the test is carried out to assist in making a diagnosis of coronary artery disease. Less commonly, the test is used to evaluate a patient's capacity to undertake certain physical activities and in the planning of an appropriate training programme. Before being tested you will have been questioned and examined by a doctor and a resting electrocardiogram will be recorded prior to performing exercise.

Testing consists of walking on a treadmill and the speed and gradient of the treadmill will be increased every three minutes. The test is eventually stopped if and when you develop symptoms such as fatigue, breathlessness, tired legs, chest pain or other symptoms. Throughout the test a doctor will be present and your pulse, blood pressure and electrocardiogram will be monitored. If there is any change in any of these observations which concerns the doctor, he or she may stop the test immediately. Your pulse, blood pressure and electrocardiogram will continue to be monitored some time after the test has been stopped.

If at any time during the test you are feeling unwell in any way, report the symptoms immediately.

RISKS

Clinical exercise stress testing is usually performed in patients with known or suspected coronary artery disease. While every effort will be made to minimise the risks of the procedure, there is a small but definite risk of complications which you should be aware of. Be aware also that emergency equipment and trained personnel are available to deal with any complication that may arise.

Serious potential complications include the possibility of a major disturbance of heart rhythm requiring resuscitation, the development of heart failure or prolonged angina, or the development of a heart attack. The risk of one of these occurring is approximately 2 or 3 in 10,000 tests. Unfortunately there is also a small risk of death occurring as a result of an exercise test. The chance of this is the average patient is approximately 1 in 10,000, although the risks both of complications and of death may be higher in patients who are already known to have severe coronary disease.

The doctor performing the test is well aware of these risks and will have taken them into account before deciding to recommend the study. Please feel free to discuss these issues prior to agreeing to undergo the exercise stress test.

(Reference: Australian Cardiac Society Guidelines, 1995)