



HEART MAP DIAGNOSTICS



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EXERCISE STRESS TEST CONSENT FORM

What is Exercise Stress test?

An exercise STRESS TEST is walking on a treadmill, which will provide exercise for your heart or subject it to 'STRESS'.

What is the intent behind an Exercise Stress Test?

Typically, an Exercise Stress test is conducted when a patient presents symptoms such as chest pain, tightness, shortness of breath or fatigue. Its main objective is to aid the physician in assessing the heart and vascular system's reaction to physical exertion. This test assists in diagnosing coronary artery disease, evaluating irregular heart rhythms, and monitoring pacemaker functionality. Additionally, it determines a safe exercise threshold for certain patients and gauges exercise endurance for those who have undergone heart-related procedures like heart attacks, angioplasty, or bypass surgery.

Process:

During the procedure, you will walk on treadmill, with the speed and incline gradually increasing every three minutes. Electrodes are placed on your chest, arms, and legs, like an ECG, to monitor your heart rate, rhythm and oxygen levels. If you experience symptoms such as fatigue, shortness of breath, leg fatigue, chest pain, or other discomfort, the test is typically halted. Throughout the procedures, a doctor will be present to monitor your pulse, blood pressure, and electrocardiogram (ECG). If there are any concerning changes in these reading, the doctor may stop the test immediately. If you feel unwell at any point during the test, including experiencing chest pain, shortness of breath, dizziness, or any other symptoms, it's important to notify the cardiac technician or doctor promptly.

What are the possible adverse effects?

Your physician has suggested exercising stress, typically conducted for patients with known or suspected coronary artery disease. While every precaution will be taken to minimize potential complications, it's important to acknowledge the small risk involved. Some potential complications include disturbances in heart rhythm requiring resuscitation, the onset of heart failure or prolonged angina, or the occurrence of a heart attack (2 or 3 in 10,00 cases). There is also an extremely low risk of death associated with the test (1 in 10,000 cases). Emergency equipment and trained staff will be readily available to address any complications that may arise. The physician conducting the test is well-informed about these risks and has considered them prior to recommending the procedure. Your signature on this form is voluntary; however, your consent is required before proceeding with the test. Feel free to ask the physician any questions you may have.

I confirm that I have read and understood the information provided above regarding the test procedure and associated risks. I hereby consent to undergo the exercise test at Heart Map Diagnostics. I also consent to any necessary treatment measures during the procedure.

Name of the patient: _____ **Patient Signature:** _____

Date: _____ **Location of the test:** _____

This information should not be considered a replacement for professional medical care. It is recommended that you discuss this your healthcare provider.