

Informed Consent for Stress Test

Date of Test: _____

Time of Test: _____

It has been recommended that you have a Stress (EKG) Test. A Stress Test is an electrocardiogram recorded and monitored during exercise on a treadmill. It helps to identify heart problems that may not be apparent with usual daily activity.

You will be asked to walk on a treadmill. The speed of the treadmill starts slowly. The speed and incline of the treadmill increase every few minutes, making the exercise more difficult. The test is stopped when the target heart rate calculated for you is reached, or if you become fatigued, short of breath or develop chest discomfort.

During the performance of a Stress Test, heart rate, blood pressure, and heart rhythm (EKG) are monitored. There is a possibility of an abnormal blood pressure response (either too high or too low), fainting, or abnormal heart rhythm (too fast, too slow, irregular, or ineffective). The test is stopped if any abnormality is noted. There is a very rare risk of heart attack or stroke (2/10,000) or of death (1/10,000). The risk of death to a person with symptomatic coronary heart disease who does not undergo a Stress Test is approximately 1 in 4,000 in any given 24 hour period. Trained personnel with emergency equipment are immediately available to attend to any abnormal response.

The Wade Huebner Clinic is committed to performing high quality testing with minimal discomfort to you. Please let the physician know if there is anything that can be done to make the experience easier for you. The results of the test are treated as privileged and confidential, and will not be released or revealed to any person without your consent.

After the test, you are asked not to shower for a period of four hours.

I have read this consent form, understand the contents, and have had any questions I may have answered to my satisfaction. By signing this form, I voluntarily agree to undergo testing.

Patient Signature

Witness

Date