

## **Patient's consent for veloergometry investigation**

Dear patient,

We request your consent for performing veloergometry investigation for more precise evaluation of your health status.

### **General information**

Exercise testing is an investigation of the cardiovascular system during which your blood pressure will be measured and ECG registered regularly in the context of a physical exercise applied by cycling (using a veloergometer).

The investigation makes it possible to assess the following:

- Does the heart muscle get enough blood during exercise? (This helps to assess the presence and severity of coronary heart disease.)
- What is the maximum exercise load you are able to tolerate?
- Do you have arrhythmia or changes in blood pressure during exercise?
- Are your cardiac medications sufficiently effective?

### **Preparation for the investigation**

- Please wear loose clothes that do not interfere with the movements of the legs and comfortable footwear that allow working on the pedals.
- If you wear eyeglasses (including reading glasses), please put them on during the investigation so that you can read the exercise load indicator on the screen.
- Eat a light meal about 2 hours before the investigation. Drinking water is allowed at any time.
- Usually it is recommended to take all your prescribed medications on the day of investigation, if the doctor has not told you otherwise.
- Take your referral note and recordings of earlier ECG investigations (if you have these), and also the results of earlier cardiac investigations with you.
- The investigation takes about 30-40 minutes, but if possible, we ask you to come 5-10 minutes before the scheduled time. It may however happen that your investigation may be delayed due to some emergency investigations or late arrival of previous patient(s).

### **Investigation procedure**

Before the start of exercise testing ECG electrodes are attached to the uncovered skin of the upper body (this area may be shaved in men, if necessary), and a cuff for measuring blood pressure is placed around the upper arm.

Thereafter the patient sits on the veloergometer and rides at a pace of about one rotation in a second (indicator "60" on the scale). The exercise load will be determined according to the patient's disease and physical performance ability level.

Exercise testing lasts until you feel tired or until the occurrence of subjective complaints (chest pain, dizziness, shortness of breath, etc.). Please notify the investigation nurse immediately if you experience any on these. The doctor will discontinue the investigation if ECG changes or too high blood pressure occurs during the investigation.

### **After the investigation**

Worsening of the health condition (aggravation of the underlying disease) is possible in individual cases. Pain in the muscles of the legs is common on the next day after the investigation.

It is possible to take a shower after the investigation; therefore, we ask you to take a towel with you.

**I hereby confirm that I have read and fully understood the contents of this document. I am aware of the essence and possible risks of the investigation.**

**My questions concerning the possible risks and complications of this investigation have been answered to my satisfaction before I have given my consent.**

In the event that you are not able to come to the scheduled investigation please notify your treating doctor as soon as possible.

---

(Patient's or his/her representative's name and signature)

---

(Date and time)