

Cardiopulmonary Stress Test Consent Form

We request your consent to perform a cardiopulmonary stress test to further examine your health.

What is a cardiopulmonary stress test?

It is a medical examination used to assess:

- whether your heart is provided with adequate amounts of oxygen and blood;
- your maximum physical stress tolerance;
- whether unexpected cardiac arrhythmias or changes in blood pressure occur under physical stress;
- whether your heart medication is working optimally;
- the heart rate at which it is safe for you to exercise.

How to prepare for a cardiopulmonary stress test?

- Wear comfortable clothing which allows for unrestricted leg movement. Wear comfortable shoes suitable for riding a stationary bicycle or running on a treadmill.
- Wear your glasses (incl. reading glasses) during the test to be able to see the stress level indicators displayed on the screen.
- You can eat a light meal up to two hours before taking the test, drinking water is allowed.
- As a rule, you are expected to take your regular medication on the day of the test unless you have been instructed otherwise by your doctor.
- Sign this consent form and bring it to the appointment.
- Bring your ECG results and the results of earlier cardiology examinations, if you have any.
- The duration of the test is 60 minutes, but we kindly ask you to arrive 15 minutes early to allow time to change clothes.
- After the test you can take a shower at the premises, so please bring the necessary items.

How is a cardiopulmonary stress test performed?

Before the stress test you will take a spirometry test. Spirography is used to measure lung volume as well as the airflow into and out of the lungs upon forced breathing (as quickly and deeply as possible). Spirography helps to detect decreased pulmonary function.

During the test, you will be asked to inhale as deeply as possible. When the lungs are filled with air to the maximum capacity, you will be asked to exhale as quickly and as forcefully as possible (min duration 6 seconds). You will be asked to inhale and exhale in such a way until a minimum of three similar test results are obtained. To assess your lung function, your results are compared to reference values.

Next you will be prepared for taking the stress test. Electrodes are attached to the naked torso

(the sites where electrodes are placed will be shaved in men, if necessary) and a blood pressure measuring cuff is placed on the arm. Then you will be asked to start riding a stationary bicycle or moving on a treadmill. The exercise load depends on the patient's health condition and fitness level. Continue riding the bicycle/walking on the treadmill until you experience adverse symptoms (chest pain, dizziness, breathlessness, etc.) and immediately inform the nurse of any such symptoms. For patients who suffer from changes in ECG or excessively high blood pressure, the doctor determines the duration of the test. To finish the test, you will be asked to continue cycling/walking at a slow pace until your blood pressure starts to fall.

Potential risks

In general, a stress test is a safe examination because it is performed in a controlled environment and under the supervision of a doctor. However, some rare risks exist, such as:

- chest pain
- fainting
- myocardial infarction
- irregular heart rate

The risk for such symptoms occurring during the test is very low because the doctor thoroughly analyses and evaluates your condition prior to the test. A stress test is not used on patients who are at an increased risk for such complications.

I hereby confirm that I have read and completely understand the information provided in this document. I am aware of the nature and potential risks of the examination.

Before giving my consent, I have received satisfying answers to my questions on the risks and complications associated with this examination.

If you cannot come in for the examination at the scheduled time, inform our nurse as soon as possible by calling 605 0699 or our receptionist by calling 605 0637 or by sending an e-mail to taastusravi@medicum.ee

/name and signature of the patient or
their representative/

/time and date/