Exercise Stress Echocardiogram Appointment

Test Date: ____ /____ /_____
Test Time: _____ (you must arrive 10 minutes prior to your appointment time)
Test Location: Northcare Health Centre, 254 Main Road, Derwent Park, Tasmania

Requesting Doctor: Dr _____

Questions about your test or appointment: 0439 195 660

General information:
You will be connected to a set of electrodes (ECG dots) and a baseline ECG (heart trace) will be recorded. You will be asked to lay on a bed and a baseline resting ultrasound scan will be performed. Following this, you will be asked to walk on a treadmill beginning at 2.7 km/h, which slowly increases in speed and incline every 2 minutes until you reach your maximum level of exercise, develop ECG changes or symptoms that require you to stop (this can last 5-10 minutes, and younger patients may be required to jog). A repeat ultrasound of the heart will be performed as quickly as possible after exercise to examine your hearts response to exercise.

Medications:
It is recommended to withhold certain medications for 24 hours prior to your test. Unless otherwise specified by your doctor **withhold the following medications**:

- **Beta-blockers** (metoprolol, atenolol, Minax, Metrol, Betaloc, Noten, Tenormin, Tensig)
- **Calcium-channel blockers** (diltiazem, verapamil, Cardizem, Vasocardol, Cordilox, Isoptin)

What to bring:

- Comfortable walking shoes
- Comfortable shorts or pants to walk / slow jog

Risks:

- You will be closely monitored throughout the test, and it can be stopped at any time
- 1:10,000 risk of a heart attack
- 1:10,000 risk of a serious arrhythmia that requires immediate medical intervention
- Small risk of falling / slipping on the treadmill, feeling dizzy, or developing chest pain

After the test:

- You will be given the preliminary results
- A report will be completed and sent to your referring doctor
- The need and timing of further follow-up will be discussed with you

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Follow-up:

Dr: _____

Date: _____ Time: _____