

# CASCADE HEART



## INFORM CONSENT FOR STRESS ECHOCARDIOGRAPHY

Exercise is a common physiological stress that can produce cardiac abnormalities or symptoms that may not be apparent at rest. This test combines the treadmill test (for exercise) to see how well the heart handles work, and echocardiography (ultrasound of the heart) to provide pictures of the heart valves and chambers.

Upon arrival to the treadmill room, you will be given the opportunity to ask any questions not answered by this form. A nurse or medical assistant will prepare you for the test by first obtaining a finger-stick blood test to rule out anemia. You will then be prepped and hooked up to the EKG machine for monitoring. (Your chest will be shaved as needed.) The sonographer will obtain resting ultrasound images of the heart and baseline EKG. Once the baseline images are acquired and determined acceptable, the physician assistant will proceed with the treadmill test.

You will begin on the treadmill at a slow speed and incline. At 3 minute intervals the speed and incline will increase attempting to increase heart rate. The duration of the test and the peak heart rate to be obtained to validate the test is determined by your age and gender. Diagnostic information may be obtained even if these parameters are not met. Inform the physician assistant of any chest discomfort or heaviness, unusual shortness of breath or other symptoms not ordinarily part of exercising.

When you have reached your peak heart rate or your maximum exercise tolerance, the treadmill will be stopped abruptly and you will be asked to move quickly to the exam table and lie down for the sonographer to obtain the final ultrasound images to complete the test.

Occasionally, in difficult to image patients, a contrast solution is used in order to obtain the optimum ultrasound images. An Intravenous line (IV) will be placed in your right arm or hand before the exam and an injection of a contrast solution will be administered by an RN at the time of resting and peak exercise ultrasound. The contrast solution is safe, short acting and unusually well tolerated with minimal side effects. It is however, contraindicated in those individuals who are: allergic to human blood products, pregnant or nursing an infant.

There are potential risks associated with any medical treatment. Although it is impossible to list them all, some of the possible risks, complications and side effects of this procedure could include but are not limited to the following: Irregular heart beats, changes in blood pressure and very rarely heart damage or sudden death.

My signature certifies that I have read or had read to me the contents of this form. I agree to follow any patient instructions related to this procedure. I understand the potential risks, complications and side effects involved with any medical procedure and have decided to proceed with this procedure. I declare that I have had the opportunity to ask questions and all of my questions have been answered to my satisfaction.

PATIENT: \_\_\_\_\_ DATE: \_\_\_\_\_

INTERPRETER: \_\_\_\_\_

WITNESS: \_\_\_\_\_

2/04