



**VICTORIA HEART**

Windsor  
54 The Avenue Windsor VIC 3181

East Melbourne  
132 Grey Street East Melbourne VIC 3002

Tel 03 9510 9020  
Fax 03 9923 6627

[www.victoriaheart.com.au](http://www.victoriaheart.com.au)  
[info@victoriaheart.com.au](mailto:info@victoriaheart.com.au)

## Stress Echocardiogram- Patient Information/Consent

Surname:	
Firstname:	DOB: __/__/__
Address:	

A Stress Echocardiogram or “stress echo” is an ultrasound of your heart before and after an exercise test and takes approximately 30-45 minutes. The echocardiogram will give information about your heart’s structure and function. Exercise testing measures the performance and capacity of your heart and blood vessels (coronary arteries).

**How is it done?** The test is performed by a Cardiologist, a Cardiac Sonographer and a Cardiac Technologist, who will monitor your heart rate, blood pressure & electrocardiogram (ECG). Ten sticky dots will be placed on your chest.

The “**stress**” part of the test involves you walking on a **treadmill** to progressively increase your heart rate. Please inform staff if you have not been on a treadmill before. Both the speed and slope of the treadmill increase every 3 minutes or so. You will be walking for several minutes depending on your level of fitness. The test is stopped if you develop chest pain, fatigue, breathlessness or other symptoms, or changes that concern our Cardiologist. It is important that you tell our staff if you are feeling unwell or want to stop.

For the **Echocardiogram** you will be lying on a bed on your left side. A water-based gel is applied to your skin and via a transducer (which sends and receives sound waves), we assess the structure and function of your heart. You may hear a “whooshing” sound, which reflects normal blood flow. We take echocardiogram pictures **before** you start exercising (the baseline pictures) and again **after** you have finished exercising when your heart rate is fast (the “stress” pictures). The two sets of pictures are placed side-by-side and the function of your heart is assessed by our Cardiologist.

### **Are there any risks?**

Exercise testing is frequently performed on patients to evaluate known or suspected heart disease. Every effort is made to minimise risks and there is a small risk of complications. Emergency equipment and trained personnel are on hand to deal with these should they occur. There is a very small risk (2-3 per 10,000 tests) of a complication such a major rhythm disturbance requiring resuscitation, prolonged chest pain (angina), or a heart attack. Unfortunately, there is a very small risk of death (approx. 1 in 10,000 tests). Please discuss any concerns with our Cardiologist before agreeing to undergo the Stress Echocardiogram.

### **What happens next?**

At the end of the Stress Echocardiogram you are free to leave and continue with your normal daily activities. The results will be sent to the referring doctor the same day. Please arrange a follow-up appointment with your doctor so your results can be reviewed.

Patient Name (Print): \_\_\_\_\_

Patient Signature: \_\_\_\_\_

Date: \_\_\_\_\_

Sonographer/Technologist Signature: \_\_\_\_\_