



Queen Street Medical Centre

## STRESS TEST

Name: \_\_\_\_\_

DOB: \_\_\_\_\_

Our doctor has arranged for you to have a stress test.

The test will be performed by a doctor and nurse in the building behind us. Entry is through the front glass door of IRT, up the stairs or elevator, through the glass door of South East Radiology.

It will involve riding an exercise bike until your heart is going at its maximum and a cardiograph being performed at the same time.

If you have any pain or distress the test will be stopped at any time.

### What to do:

- You will need to wear comfortable loose clothing - shorts | tracksuit and walking shoes | joggers.  
Try to avoid man-made fibres (preferably a cotton t-shirt)
- DO NOT USE any body creams or powder
- You may have a light breakfast
- Take all medication as normal unless advised otherwise by your doctor.  
Drugs that slow the heart (especially Beta Blockers) should be omitted that morning.  
They can be taken after the test.

The test usually takes 20 minutes but there may be additional waiting and preparation time.

### Fee

**Cost: \$222.45**

**Rebate: \$142.45**

**Gap: \$80.00**

Payment on the day is required  
and your medicare rebate will be  
refunded immediately.



## Explanation of the graded exercise test

You will perform a graded exercise test on an exercise bike. The work levels will begin at a level you can easily accomplish and will be advanced in stages, depending on your work capacity. We may stop the test at any time because of signs of fatigue or you may stop when you wish to because of personal feelings of fatigue or discomfort. We do not wish you to exercise at a level, which is abnormally uncomfortable to you.

## Risks and Discomforts

There exists the possibility of certain changes occurring during the test. They include abnormal blood pressure, fainting, and disorders of heartbeat and very rare instances of heart attack. Every effort will be made to minimise them by the preliminary examination and by observations during testing. Emergency equipment and trained personnel are available to deal with unusual situations, which may arise. Major complications in a wide range of sick, very sick and healthy patients occurred 1 time for every 10,000 tests and risk of myocardial infarction is 1:5000

## Benefits to be expected

The results obtained from the exercise test may assist in the diagnosis and management of your illness or in evaluating what types of activities you might carry out with no, or low, hazards. Particularly, the test will help decide which patients require further tests and consideration of cardiac surgery.

## Enquiries

Any questions about the procedures used in the graded exercise test or in the estimation of functional capacity are welcome. If you have any doubts or questions, please ask us for further explanations.

## Freedom of Consent

Permission for you to perform this graded exercise test is voluntary. You are free to deny consent if you so desire. I have read this form and I understand the test procedures that I will perform and I consent to participate in the test.

Signature of patient \_\_\_\_\_ Date \_\_\_\_\_

Witness \_\_\_\_\_ Date \_\_\_\_\_