

PATIENT INFORMATION SHEET

STRESS ECHOCARDIOGRAM

THINGS TO DO BEFORE YOUR TEST:

Do not eat a heavy meal, drink alcohol or smoke for at least two hours before your test.

Do not do any strenuous exercise on the day of the test.

Take your normally prescribed medication, unless your doctor has advised otherwise and bring a list of your normal medications.

Read and follow any additional instructions / information given to you by Dr Allada.

WHAT DO I NEED TO WEAR?

Please wear shorts or a skirt suitable for exercising in.

Comfortable non-slip shoes suitable for brisk walking.

PROCEDURE

Your condition requires a test called a Stress Echocardiogram. The following will be performed:

There are two parts to this test. First, a cardiac (heart) scientist performs an echocardiogram. An echocardiogram checks how your heart functions when resting. The equipment used is an ultrasound machine. This is a similar ultrasound machine to those used in pregnancy scanning.

You lie on your left side. A piece of equipment called a probe is placed on your chest to take the pictures. To ensure good contact between your skin and the probe, a jelly (ointment) is placed at several different sites around your chest. During this part of the test you hear loud swishing noises. This is the blood flowing through the valves of your heart.

In the second part of the test, your heart is exercised or "stressed". If you can walk easily, you will walk on the treadmill. The speed and slope of the treadmill increases every three minutes. This makes your heart do more work. You will exercise quite hard. The test will be stopped if you have chest pain, become very tired or very short of breath (puffed).

If you have difficulty walking, Dr Allada will have organized a dobutamine stress echocardiogram. Dobutamine copies the effect of exercise on the heart. Dobutamine makes the heart work faster and harder.

A small needle is inserted into the back of your hand. Dobutamine is given slowly through this needle over the next twenty minutes.

When your heart is working as hard as possible, you stop exercising and quickly lie down on the bed. More echocardiogram pictures are taken while your heart is still working hard.

Your pulse, blood pressure and electrocardiogram are watched during and after the test. If we are worried about these, the test is stopped.

If you feel unwell you should tell us at once.

AFTER THE TEST

After the test, a shower, with soap and towel, is available if required.

You should allow approximately 120 minutes for this appointment.

RISKS OF THIS PROCEDURE

This test involves only a very small risk to you.

These are some of the more serious risks that can happen but are not the only risks:

3 in 1000 people

- (a) Abnormal heart beat. This may settle without treatment.
- (b) Development of fluid in the lungs. You may need medication to treat this.
- (c) Chest pain. This is treated with drugs.

1 in 2500 people

- (d) Heart Attack.

1 in 10000 people

- (e) Death. The danger is greater if you are known to have heart disease.

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STRESS ECHOCARDIOGRAM

Situations where stress testing should not be used: (please tell the staff of any of these)

- Very recent heart attack (within 2 days)
- Unstable chest pain (angina) not yet settled by medical treatment. There needs to be appropriate timing of this test, in this case.
- Abnormal heart beats, which are causing symptoms or effecting the blood supply to your body.
- Severe heart valve (aortic valve) narrowing causing symptoms.
- Fluid around the heart that is not controlled by drugs and is causing symptoms.
- Very recent blood clots in the lung.
- Current swelling of the heart muscle or the sac containing the heart.
- Recent tearing of the wall of the large artery (aorta).

Stress testing may be conducted in the following situations, if the benefits of the test are greater than the risks:

- A narrowing in the main left coronary
- Medium narrowing of the heart valves
- Abnormal blood test results (electrolytes).
- High blood pressure. The first number in the blood pressure reading greater than 200mmHg or the second number, greater than 110mmHg.
- Very fast or very slow abnormal heart beats.
- Any blockage to the outflow path of the main heart pump (left ventricle).
- Mental or physical problems preventing exercise.
- Major blockage of the heart's electrical conduction. This is between the upper and lower heart chambers

I ACKNOWLEDGE THAT:

I acknowledge that:
Dr Allada has explained my medical condition and the proposed procedure.
I understand the risks of the procedure, including the risks that are specific to me, and the likely outcomes.
Dr Allada has explained other relevant treatment options and their risks.
He has explained my prognosis and the risks of not having the procedure.
I have been given this Patient Information Sheet about the procedure and its risks.

I was able to ask questions and raise concerns with Dr Allada about my condition, the procedure and its risks, and my treatment options.

My questions and concerns have been discussed and answered to my satisfaction.

I understand that a doctor other than Dr Allada may conduct the procedure. I understand this could be a doctor undergoing further training.

Dr Allada has explained to me that if immediate life-threatening events happen during the procedure, they will be treated accordingly.

I understand that no guarantee has been made that the procedure will improve the condition.

On the basis of the above statements, **I REQUEST TO HAVE THE PROCEDURE.**

MY NOTES TO TALK TO DR ALLADA ABOUT

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