

## INFORMED CONSENT

### ERGOMETRY TEST



We kindly ask you to read and sign given form to make sure you understand procedure, as well as possible complications. If you have any concerns or questions, please ask for further explanations.

Ergometry - stress test is a method that provides diagnostic and prognostic information and evaluates an individual's coronary arteries. The test is performed for the purpose of detection, proof, and monitoring coronary (heart) disease, detection, and diagnosis of cardiac arrhythmias, as well as to monitor the effects and success of therapy. It helps in risk assessment of heart attack and helps in selection of the patient who need invasive diagnostics.

#### 1. Test procedure

Test is performed on a graded on a motor-driven treadmill. While patient walk the exercise intensity will begin at a low level and will be advanced in stages. During examination ECG is registered by electrodes placed on the chest. Both, blood pressure and heart rate are measured during and after test. The test may be stopped at any time in case od of signs of symptoms patient may experience. Physician may stop the test at any time for medical reasons.

#### 2. Patient Preparation

Before procedure it is necessary to:

- Withdraw of beta blockers (medicines that slow heart rhythms: Atenolol, Prinorm, Presolol, Concor, Nebilet, Propranolol, Dilatrend, Metoprolol, Barios, Coryiol, Atenonlol, Sotalol, Nevotens, Lodoz) 48 hours before test.
- Do not take coronary vasodilator drugs (Monizol, Dilcoran, Lopion, Molicor, Isosorb R) on the examination day.
- Be sure to take all other medication (especially one for blood pressure), except in case of patients taking antiarrhythmic drugs (Propafen or Amiodarone) when needed consult a cardiologist who should perform ergometry test.
- Patients who did not undergo a cardiac examination for more than a month before the test should do an examination (cardiac examination and ECHO). An ECHO of the heart shouldn't be older than 6 months.
- Consume light food 3 hours before testing it to avoid hypoglycemic reaction. Abstinence of coffee, caffeinated products, coca cola and smoking.
- Clothing should be comfortable and loose; footwear should be sturdy and comfortable. Patient should be rested.
- Diabetics should eat something before the test, consume their usual oral therapy, and patients with insulin therapy before the test should reduce their insulin dose by 2-4 units.

It is not recommended test to be performed during menstrual period. When arriving for the scheduled procedure, please bring your medical documentation.

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3. Risks and discomforts

Stress test is a noninvasive procedure however, risks of the testing procedure are minimal and rare and include fainting, falling, irregularities of heartbeat, and, very rarely, heart attack.

4. Important

Please follow the preparation instructions for the examination/test.

5. Voluntary consent

The attending physician, Dr. \_\_\_\_\_, informed me in detail about the planned examination / intervention, as well as about the possible needs of expanding the procedure. In doing so, I had the opportunity to ask all the important questions about the type and importance of the examination, the risks, and possible complications, as well as secondary and consequential procedures and their risks. I have no further questions; I am sufficiently informed, and I give my informed consent to the following procedure.

In Podgorica ----- ( date) ----- Patient: -----

Unique Citizens Identity Number:-----

6. IN CASE OF REJECTION OF THE PROPOSED PROCEDURE

The proposed examination / intervention was rejected by the patient within extensive explanation.

The patient is informed in detail about the possible consequences of the decision to reject the proposed method.

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In Podgorica ----- ( date) -----

Patient: -----

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