

## EXERCISE TEST – CLARIFICATION STATEMENT

The exercise test, also known as stress test, is intended to evaluate the cardiovascular behavior (ECG changes, arrhythmias, blood pressure, and heart rate) during physical exercise adjusted to age and physical status.

The first step of the test consists of the preparation for the exam. The patient's skin is cleaned with alcohol and hair removal may be indicated in some areas of the chest for electrode fixation in male patients. These procedures may cause mild skin irritation, which should disappear in a few days. If irritation persists, contact the hospital or see your dermatologist.

A resting ECG with you lying on an examining table will be performed in the test room. Next, you will be sent to the treadmill. You will walk according to the speed imposed by the device until you cannot walk any further. Your blood pressure will be measure several times during the test and multiple ECG tracings will be registered. The test will be interrupted if you refer any symptoms such as fatigue and pain or when the physician identifies any changes that contraindicate the continuation of the exercise.

During the stress test, the following may occur: chest pain, irregular heartbeat, shortness of breath, dizziness, and other events. A physician will monitor you throughout the test.

### Questionnaire:

1. Do you exercise?      Yes      No

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2. Do you have asthma or bronchitis?      Yes      No

3. Do you feel chest pain?      Yes      No

4. Do you have tachycardia?      Yes      No

5. Have you ever undergone cardiac catheterization?      Yes      No

6. Have you ever undergone angioplasty?      Yes      No

7. Have you ever undergone angioplasty with stenting?      Yes      No

8. Have you ever undergone heart surgery?      Yes      No

