



CONSENT TO PERFORM EXERCISE STRESS TEST (ERGOMETRY)

Exercise stress test (ergometry) is a method to check the coronary reserve (blood supply to the heart). This test gives us information as to how healthy your heart is.

We perform exercise stress tests on treadmill, bicycle ergometer, rowing, kayak and other ergometers.

During the test the electrical activity of the heart (ECG), blood pressure and heart frequency are constantly monitored. This way we monitor the reaction of the heart to physical exertion.

How do we perform the checkup?

While you are walking on the treadmill, riding a stationary bicycle or using some other ergometer, at specified time intervals we increased physical load. All the time the ECG is recorded using ECG electrodes that are attached to your chest. During the test and during recovery we measure blood pressure and heart rate.

Test runs until the heart rate predicted for your age and level of well trained.

The test can be interrupted at any moment if you do not feel well.

The test can also be discontinued by the doctor for medical reasons.

Exercise stress test is a low-risk procedure, but it is possible that on rare occasions complications occur (2-4 per 1000 tests).

Possible complications:

1. Chest pain during the test or after the test is completed
2. Vertigo
3. Breathing problems
4. Irregular heartbeat
5. Extremely rare, heart attack

I have been informed in detail on the nature, importance and possible complications of exercise stress test and I agree to undergo the planned checkup.

In Belgrade, _____.

Signature of respondent

Signature of Parent (Guardian)

Doctor

