

DECLARATION OF CONSENT FOR STRESS ECHOCARDIOGRAPHY

Dear Patient,

It is planned that you will have a stress echocardiography performed on you (cardiac ultrasound while exercising). This means that the functioning of the heart muscle will be investigated before, during and after exercise, in order to record possible circulatory disorders or to assess a heart valve during exercise. In healthy people, during and immediately after the stress test the heart muscle works harder than at rest. However, if there is a narrowing of a coronary vessel that causes a circulatory disorder, this can be detected by ultrasound as a lack of thickening of the heart muscle.

Practical procedure

Stress echocardiography is more sensitive than a normal bicycle or treadmill exercise test, in which possible symptoms can only be based on an ECG. During stress echocardiography the stress response is induced by exercise on a bike or treadmill or by means of medication. In Dobutamine stress echocardiography, a small plastic cannula is introduced into an arm vein just prior to the investigation, and the medicinal product Dobutamine is administered intravenously over 5–20 minutes. Dobutamine strengthens the heart beat and has been used for centuries to temporarily strengthen the heart muscle in heart failure. If the dose of Dobutamine is increased, not only does the heart beat more strongly, it also beats increasingly faster, i.e. simulating physical stress. Depending on the problem, Dobutamine can be substituted by other medicinal products (Adenosine). If the heart rate does not increase sufficiently, further doses of Atropine can be given.

The stress echocardiography procedure, including preparation and aftercare, takes approximately 60 minutes. You do not have to fast to do this. However your doctor will let you know in advance what medicines you should not take on the day of the investigation.

Possible side effects

The risk associated with stress echocardiography performed using a bicycle or treadmill is the same as that associated with a normal stress test, since the cardiac ultrasound itself has no side effects. The Dobutamine infusion is usually well tolerated. The most common side effects are tingling in the head and hands, palpitations, a strong desire to urinate and possibly a feeling of pressure in the head or chest. On rare occasions patients feel nauseous or develop mild (very rarely severe) abnormal heart rhythms. In the body, Dobutamine breaks down within a few minutes, even if the liver or kidneys are not functioning well. Occasionally after the exercise test is finished, an antidote will also be injected, to weaken the effect and shorten the recovery time.

Declaration of consent

After receiving this explanation, I declare that I agree with the planned investigation. I have had the opportunity to ask questions, and these have been answered to my satisfaction. My consent also applies to any extension or change to the investigation, arising as a result of an unexpected course of the investigation or the findings.

Place/Date

Signature of patient

Place/Date

Signature of doctor