



Quick Reference Guide

IQstress™ Exercise Test



- 1 In IQmanager™ – **Select** a patient from Patient List – or select New Patient and enter demographics and vitals. (Patient's date of birth and sex must be correct.)
- 2 **Prepare** the patient for the test. *NOTE: Proper preparation is essential for minimized artifact and a good Stress test.*
 - a. **Shave** hair (if necessary) from electrode sites.
 - b. **Abrade** electrode sites to ensure good conductivity and clean hookup.
 - c. **Rub** skin with alcohol wipes. Let air dry.
- 3 **Adhere** electrodes on the patient. (Refer to opposite side of this card for proper placement).
- 4 **Attach** the patient cable to the electrodes according to color coding or lead labeling.
- 5 **Make** a stress loop with each lead wire.
- 6 **Select** New Test button.
- 7 **Select** Stress button, enter the Technician, Physician, Indication and Stress Profile. **Select** OK.
- 8 **Verify** ECG tracings are established and baseline is stable.
- 9 **Click** Stage Up (F4) button to start first stage of Pre-Exercise phase.
- 10 **Click** Stage Up (F4) to advance stages or phases.
- 11 **Click** Recovery (F9) button to enter Recovery phase when necessary.
- 12 **End Test** – by clicking Exit (F12). Enter Reasons for Termination.
- 13 **Click** Review Details button to review test results.

Please refer to the IQstress™ and IQecg™ Operation Manual for further details and troubleshooting tips.



Lead Placement for Exercise

RA (White/White) – On or just below clavicle bone avoiding muscular areas.

LA (Black/White) – On or just below clavicle bone avoiding muscular areas.

RL (Green/White) – On or below the ends of rib cage avoiding flabby areas and the belt.

LL (Red/White) – On or below the ends of rib cage avoiding flabby areas and the belt.

1 V1 (Red/Brown) – Fourth intercostal place at the right margin of the sternum.

2 V2 (Yellow/Brown) – Fourth intercostal place at the left margin of the sternum.

3 V3 (Green/Brown) – Midway between V2 and V4 (on top of the 5th rib).

4 V4 (Blue/Brown) – Fifth intercostal place at the left midclavicular line.

5 V5 (Orange/Brown) – At the horizontal level of V4, at the left anterior line.

6 V6 (Purple/Brown) – At the horizontal level of V4, at the midaxillary line.

