



Quick Reference Guide

IQstress® Exercise Test

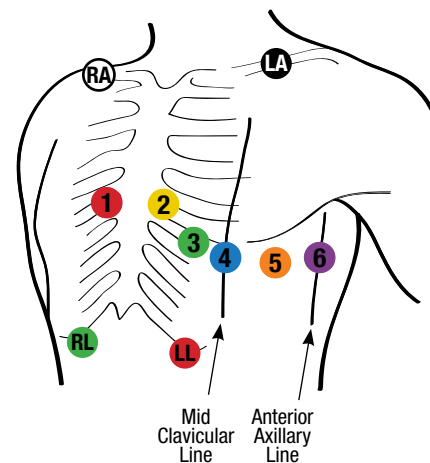
1. In IQmanager®, **Select** a patient from **Patient List** or select **New Patient** and enter demographics and vitals. (Patient's date of birth and sex must be correct.)
2. **Prepare** the patient for the test. *NOTE: Proper preparation is essential for minimized artifact and a good Stress test.*
 - 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 to 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. **Click** on the **New Test** button.
7. **Select** the **Stress** button, **enter** the Technician, Requesting Physician, Indication, and Supervising Physician information. **Click OK.**
8. **Select** the appropriate **Exercise Profile**. **Click Next** to start the test.
9. Verify ECG tracings are established and baseline is stable.
10. **Select Stage Up (F4)** to start the first stage of the Pre-exercise phase.
11. **Select Stage Up (F4)** to advance stages or phases.
12. **Select Recovery (F9)** to enter Recovery phase when necessary.
13. **Click Exit (F12)** to **end a test**. Enter reasons for termination.
14. **Click Review Details** 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.



Please refer to the IQecg® Operation Manual or Quick Reference Guide for Resting ECG lead placement.