

# CARDIOVASCULAR CONSULTANTS, P.A.

Keith M. Lindgren, M.D., FACC

Dennis J. Donohue, M.D., FACC

Robert DiBianco, M.D., FACC, FACP, FAHA

Louis J. Larca, M.D., FACC

David M. Brill, M.D., FACC, FSCAI

James L. Cockrell, Jr., M.D., FACC

Laurence R. Kelley, M.D., FACC

Daniel J. Fericola, M.D., FACC

Mark A. Turco, M.D., FACC, FSCAI

Sung W. Lee, M.D., FACC

Maureen Collins Fennell, M.D., FACC

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## Patient Guide for T-Wave Alternans (TWA) Testing

**What is a T-wave alternans (TWA) test?** The “TWA” test is a special type of electrocardiogram (ECG) test. It is safe, simple, does not hurt and takes only a few minutes to complete.

### Why is the test necessary?

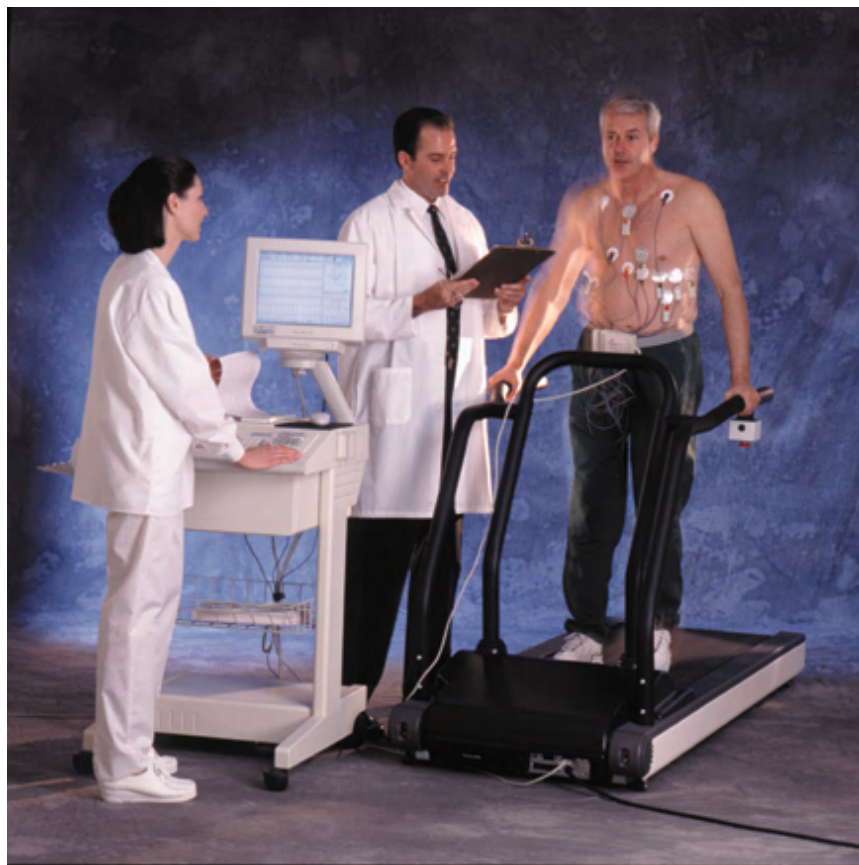
The TWA test is used to help your doctor determine if there is an increased risk of potentially serious abnormal heart rhythm disturbances in the future.

### How is the test performed?

During a routine ECG, while the heart rate is gently raised (such as during a short, slow walk on a treadmill ) an advanced computer system is used to detect small changes (TWA) in the heart’s signals which are carefully evaluated by the doctor.

### Is preparation necessary?

Generally the preparation for the TWA test is the same as for a routine ECG or exercise test. You may be asked to temporarily stop certain medications. Since special skin patches are used it is a good idea to wash excess dirt or oil from the skin ahead of time. The results are most accurate when the heart rate is steady and slightly elevated and the skin is very clean.



### What happens to the test results?

The results are analyzed through a special computer system and interpreted by the doctor. The results are available generally at the time the ECG or stress test results are analyzed. The results can help your doctor make recommendations about any additional testing or treatment.