

MOUNT



CARDIOLOGY

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Mount  
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For appointments phone **08 9480 3000**

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**EXAMINATION REQUESTED**

- 1  **Echocardiogram**
- 2  **Exercise Stress Test**  
Bicycle  
Treadmill
- 3  **Holter Monitor**
- 4  **Patient Activated Recorder**  
(only to be performed after a previous Holter Monitor test)
- 5  **Ambulatory Blood Pressure Monitor**  
(Not covered by Medicare)
- 6  **Resting ECG**
- Referral for Consultation**

PATIENT'S SURNAME

GIVEN NAMES

DATE OF BIRTH

TELEPHONE

PENSIONER

VETERAN

CLINICAL QUESTION BEING ASKED

MEDICATIONS

URGENT RESULT

PHONE

FAX

DOCTOR'S SIGNATURE

DATE

*Please see over for maps*

**BOOKING INSTRUCTIONS**

DATE \_\_\_\_\_

TIME \_\_\_\_\_



## PATIENT INFORMATION LEAFLET

This leaflet is designed to inform you about the test/s your Doctor has arranged for you. Please read these instructions carefully as we are sure you will find them useful.

**Please remember that it is important to arrive on time for your appointment.**

To confirm your appointment please phone the test site where you will be attending.

### 1 ECHOCARDIOGRAM

This is an ultra-sound examination of the heart which may take about 45 minutes to complete.

#### On the day of the test

- Wear a 2 piece out-fit as you will need to undress to the waist.

#### During the test

- You will need to lie on your left side.
- You should feel no discomfort.

#### After the test

- The information collected will be viewed by a Cardiologist who will forward the results to your Doctor.

### 2 EXERCISE STRESS TEST

This measures your exercise capacity and monitors your electrocardiogram, heart rate and blood pressure while you exercise on either a treadmill or bicycle. It takes about 30 minutes to complete.

*If you cannot ride a bike or walk on a treadmill please advise us prior to the test so that the appropriate test can be arranged.*

#### On the day of the test

- Bring a list of your current medications.
- Wear a 2 piece out-fit and comfortable footwear.
- Do not wear talc or neck chains.
- Have a light breakfast only.

#### Immediately before starting the test

- You will need to undress to the waist.
- Men may require part of the chest to be shaved.
- Electrodes will be placed onto the chest and an ECG lead connected and worn on a belt around your waist.
- A gown is then worn over this.

#### During the test

- You will be supervised by an experienced Doctor and Cardiac Technician.
- Your blood pressure, pulse rate and electrocardiogram will be monitored continuously.
- The test will be stopped when the Doctor feels it is appropriate.

#### After the test

- You will be asked to wait for about 15 minutes.
- In this time you will receive some feed back about your performance by the supervising Doctor.
- Drinking water and a towel are available.
- A full report will be sent to your Doctor after the results have been reviewed by a Cardiologist.

### 3 **HOLTER MONITOR**

This is a device which records the electrical activity (ECG) of the heart over a 24 hour period. Connection of the device takes approximately 30 minutes.

#### On the day of the test

- Please bath/shower in the morning, since you will NOT be able to swim/shower during the next 24 hours.
- Do not use talc or wear neck chains.
- Please wear a 2 piece out-fit.

#### Connection of the device

- Requires that adhesive electrodes be placed on the chest (men may need some hair shaved) and connected to a small tape recorder which is worn across the shoulder.

#### During the monitored period

- If you have symptoms, you should press the event recorder button on the machine and make a note of the symptoms in a special diary which will be given to you.
- Do not sleep on a switched on electric blanket as this will interfere with the ECG recording.

#### After the period of monitoring

- The equipment and symptom diary must be returned at the specified time.
- A full report will be sent to your Doctor after the results have been reviewed by a Cardiologist.

### 4 **PATIENT ACTIVATED RECORDER**

This is a special device about the size of a pager, which will record the heart beat for 60 seconds when it is activated by you whilst you are experiencing symptoms. You will be in possession of the device for up to one week. Connection of the device takes approximately 30 minutes.

#### On the day of the test

- Do not use talc or wear neck chains.
- Please wear a 2 piece out-fit.
- You will be able to remove the device for showering.

#### Connection of the device

- Requires that adhesive electrodes be placed onto the chest (men may need some hair shaved).

#### During the test

- If you have symptoms, you should press the event recorder button on the machine and make a note of the symptoms in a special diary which will be given to you.
- Do not sleep on a switched on electric blanket as this will interfere with the ECG recording.

*Should you have difficulties with the equipment please notify the office.*

#### After the period of monitoring

- The equipment and symptom diary must be returned at the specified time.
- A full report will be sent to your Doctor after the results have been reviewed by a Cardiologist.

### 5 **AMBULATORY BLOOD PRESSURE MONITOR**

This device automatically measures your blood pressure at regular intervals during the day and night. Connection of the device takes approximately 30 minutes.

#### On the day of the test

- Please bath/shower in the morning, since you will NOT be able to swim/shower whilst the monitor is being worn.

#### Connection of the device

- Requires that a blood pressure cuff be placed on the upper arm and a small recording device be worn across the shoulder

*During the period of monitoring, should you have difficulties with the equipment or feel it may have been dislodged, please notify the office.*

#### After the period of monitoring

- The equipment and symptom diary must be returned at the specified time.
- A full report will be sent to your Doctor after the results have been reviewed by a Cardiologist.

### 6 **RESTING ECG**

This is a recording of the electrical activity of the heart. It takes about 5 minutes to perform.

#### During the test

- You will need to lie flat on your back.

#### After the test

- A report will be sent to your Doctor after the results have been reviewed by a Cardiologist.