



**Dr Bernard Hockings • Dr Mark Ireland • Dr Michael Muhlmann • Dr Mark Nidorf
Dr Peter Purnell • Dr Nigel Sinclair • Dr Isabel Tan • Dr Peter Thompson**
www.heartcarewa.com.au

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, body lotion or neck chains.
- Have a light breakfast only.
- Do not consume caffeine, alcohol or nicotine 2 hours prior to the test.

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 monitored for 5 minutes upon completion of the exercise.
- During this time you will receive some feedback about your performance by the supervising Doctor.
- Drinking water and a towel are available.
- You will be asked to remain seated in reception for a further 10 minutes to ensure you are fully recovered prior to leaving the medical centre.
- A full report will be sent to your Doctor after the results have been reviewed by a Cardiologist.

3. HOLTHER 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 15 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, body lotion 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 or around the waist.

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 20 minutes.

On the day of the test

- Do not use talc, body lotion 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 15 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.
- Please wear a 2 piece out-fit.

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 or around the waist.

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.
- Do not use talc, body lotion or wear neck chains.

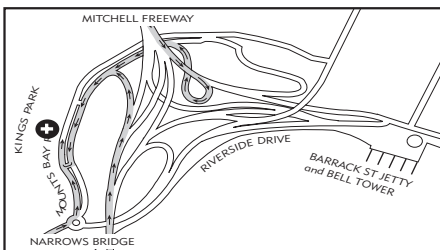
After the test

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

Locations

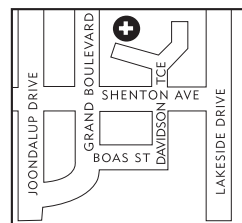
MOUNT (PERTH)

Suite 3,
140 Mounts Bay Road
Ph 08 9480 3000



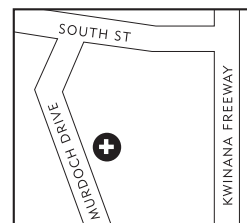
JOONDALUP

Suite 205,
Specialist Medical Centre
Joondalup Health Campus
Shenton Ave
Ph 08 9400 9899



MURDOCH

St John of God Hospital
Medical Clinic
Suite 46
100 Murdoch Drive
Ph 08 9366 1921



COUNTRY

ALBANY

106 Stirling Terrace
Ph 08 9480 3000 (Bookings:
Heart Care Mount)

KARRATHA

Nickol Bay Hospital
Outpatient Dept
Ph 08 9143 2314

AUGUSTA

Augusta Medical Centre
11 Donovan Street, Augusta
Ph 08 9480 3000 (Bookings:
Heart Care Mount)

MANDURAH

Peel Health Campus
Lakes Road, Mandurah
Ph 08 9366 1921

BUNBURY

Southwest Health Campus
Cnr Robertson Dve
& Bussell Hwy
Ph 9480 3000 (Bookings:
Heart Care Mount)

MARGARET RIVER

Margaret River Hospital
Margaret River WA 6285
Ph 08 9480 3000 (Bookings:
Heart Care Mount)

DUNCRAIG

(Holters only)
Unit 4, 60 Arnisdale Rd
Ph 08 9246 5800



MIDLAND

Medical Specialist Centre
23 The Crescent
Ph 08 9480 3000



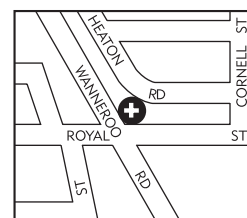
SUBIACO

176 B, Cambridge St
Ph 08 9382 1100



YOKINE

Royal St Specialist Centre
Ph 9480 3000



BUSSETTON

12 Prince Street
Bussetton WA 6280
Ph 08 9480 3000 (Bookings:
Heart Care Mount)

PORT HEDLAND

Regional Hospital
Outpatient Dept
Ph 08 9158 1640
08 9158 1639

DENMARK

Denmark Health Service
50 Scotsdale Road, Denmark
Ph 08 9480 3000 (Bookings:
Heart Care Mount)

ROCKINGHAM

(Holters only)
Western Diagnostic
35 Elanora Dve
Ph 08 9528 5447