

Patient Details :

Request For :

Clinical Notes :

Referring Doctor's Details :

Copies To :

Doctor's Signature :

Date :

Services :

- Cardiology Consultation
- Exercise Stress ECG
- 24 Hour Holter Monitor
- ECG
- Pacemaker Check
- Transthoracic Echocardiography
- Stress Echocardiography
- Cardiac CT
- Other (Explain above)

Location Map :



Test Descriptions & Preparations



ECG

A simple recording of the electrical activity of the heart. The skin is prepared by rubbing or shaving so that recording dots can stick to the skin.

Preparation : No special preparation needed.

Duration : 5 minutes

Transthoracic Echocardiography

This test uses sound waves to obtain moving pictures of the inside of the heart as it beats.

Preparation : No special preparation needed.

Duration : 30 minutes

Stress Echocardiography

You will be exercising for a short period on a treadmill while your heart rhythm and blood pressure are being monitored. Ultrasound images will be taken of the heart before and after exercise. You may be asked to **cease Betablockers 48 hours prior** to exercise, unless otherwise directed by the referring doctor.

Preparation : Do not eat or drink for two hours prior to this test. Please wear comfortable loose clothing, sports shoes or flat soled walking shoes.

Duration : 40 minutes

Exercise Stress ECG

You will be required to walk on a treadmill while your heart rhythm and blood pressure is being monitored. You may be asked to **cease Betablockers 48 hours prior** to exercise, unless otherwise directed by the referring doctor.

Preparation : Do not eat or drink for two hours prior to this test. Please wear comfortable loose clothing, sports shoes or flat soled walking shoes.

Duration : 30 minutes

24 Hour Holter Monitor

Holter monitoring lasts for 24 hours and records your heart rate and rhythm. You wear a small recorder and wires run from the recorder to electrodes attached to your chest. You can go about daily activities as you would normally do. Loose fitting clothes need to be worn while wearing the monitor. The only restriction while wearing the monitor is no showering.

Preparation : No special preparation needed.

Duration : 10 minutes

Pacemaker Check

The check-ups are performed in the diagnostic cardiology department by a technician who will have a computer to check to ensure the pacemaker is working properly and can be modified at each appointment to best suit your own heart.

Preparation : No special preparation needed.

Duration : 20 minutes

Cardiac CT

CT stands for Computerised Tomography (also referred to as a CAT scan). CT Scans use x-rays to take pictures from different angles around the body. A computer then takes images and produces cross-sectional sliced images of the body.

Preparation : You may be required to be injected with a contrast or dye, again designed to provide the clear information.

You may also be asked to fast for a certain time period.

Duration : 30 - 60 minutes