

PATIENT LAST NAME GIVEN NAMES		SEX	DATE OF BIRTH	YOUR REF:
PATIENT ADDRESS		POSTCODE	TEL (HOME)	TEL (BUS)

TESTS REQUIRED 12 Lead ECG 24 Hour Holter Monitor Treadmill Exercise Stress Test Transthoracic Echocardiogram Stress Echocardiogram

CLINICAL NOTES

DOCTOR'S SIGNATURE & REQUEST DATE

X _____ X

COPY REPORTS TO

REFERRING DOCTOR (PROVIDER NUMBER, NAME & INITIALS, ADDRESS)

Practice Location



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Patient instructions

Electrocardiogram (ECG) - Leads will be placed on the chest to record a tracing of your heart. This usually takes 15 minutes.

24 hour Holter Monitor – records your heart’s electrical activity over a 24 hour period. The small recorder is connected to leads which are secured on your chest and worn under your clothing. The skin where the electrodes are positioned will be wiped with alcohol. In males, the technician may shave the area to permit good contact with the skin. After 24 hours, you return the monitor to us for analysis.

Echocardiogram (heart ultrasound) - this test uses ultrasound to study your heart. The test requires you to lay on an examination bed. Lubricant jelly is placed on the skin of your chest where the ultrasound probe is positioned. There is no specific preparation required and takes about 30 minutes.

Treadmill Exercise Stress Test – Comfortable clothing and walking shoes should be worn. This test provides information about the likelihood of blockages affecting your heart arteries. The test is supervised by a doctor at all times. Complications are very rare but include a risk of heart attack (1 in 1000 patients) and risk of death (1 in 10,000 patients). You should fast for 2 hours prior to the test. Some medication need to be stopped, check with your referring doctor or call us. Caffeine products such as in coffee, tea, soft drinks or chocolate should not be consumed before the test.

Stress Echocardiogram – This is similar to the treadmill exercise test with the exception that an image of your heart is obtained using an ultrasound before and after exercise. The supervising cardiologist will look for changes in heart function on the test that may indicate blocked arteries. Food should not be eaten for 2 hours before the test with no caffeine products permitted as they may interfere with the result. Wear comfortable clothing and shoes. As with treadmill stress test, complications are very rare but include a risk of heart attack (1 in 1000 patients) and risk of death (1 in 10,000 patients). The test usually takes 40 minutes. Some medication need to be stopped, check with your referring doctor or call us.