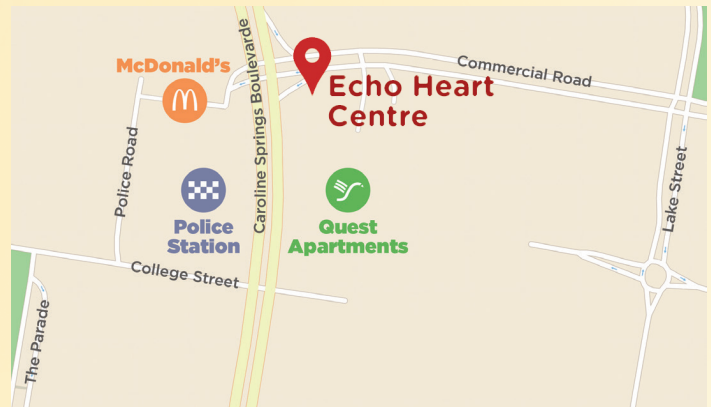


Patient Details (Name/Phone/D.O.B.):

Clinical Notes:

Reason for Referral:

1.  Consultation
2.  E.C.G
3.  24 Hour Holter Monitor
4.  Exercise Stress Test
5.  Transthoracic Echocardiogram
6.  Stress Echocardiography and Baseline Transthoracic Echocardiogram



Location Details:

Level 3, Suite 23, 242-244 Caroline Springs Blvd  
Caroline Springs VIC 3023 (across the road from McDonald's)

Referring Doctor Details

(Doctor's name/Provider No./Telephone):

Copies to:

Doctor's Signature:

Date:



## PATIENT INFORMATION SHEET

### Electrocardiogram (ECG)

An ECG is a 10 second recording of the electrical activity of your heart. A cardiac technician will attach 10 electrodes with adhesive pads to the skin of your chest, arms and legs. Men may have chest hair shaved to allow for a better connection. You will lie flat while the computer creates a picture, on graph paper, of the electrical impulses travelling through your heart.

It takes about 10 minutes to attach the electrodes and complete the test, but the actual recording takes only a few seconds. The test requires no preparation.

### 24 Hour Holter Monitor

A Holter monitor is a small device which you wear for a 24 hour period. The device records every heart beat and assists your doctor in diagnosing abnormal heart rhythms. Electrodes (small conducting patches) are stuck onto your chest and attached to the recorder which you carry in a pocket or small pouch worn around your neck or waist. Men may have chest hair shaved to allow for a better connection. The monitor is battery operated and must not get wet over the monitoring period, therefore, patients are not to shower during the test.

It is helpful to the doctor if you keep a diary of what activities you do while wearing the monitor. The Holter Monitor is painless. Patients should continue with normal activities while wearing the monitor.

### Exercise Stress Test

An Exercise Test is used to assess how your heart responds to exercise. During the test, you will have electrodes attached to your chest which allows continuous monitoring of your heart rhythm. Men may have chest hair shaved to allow for a better connection. You will then be asked to walk on a motorised treadmill until your heart reaches a target heart rate.

You should wear comfortable clothing that will allow you to exercise. Please be mindful that you will be exercising on the treadmill so please do not eat anything heavy for 2 hours prior to your test. You can continue your normal fluid intake. After the test you will be monitored for 5 – 10 minutes. The entire test will take approximately 20 – 30 minutes.

### Transthoracic Echocardiogram

A Transthoracic Echocardiogram (Echo) uses sound waves to create an image of your heart as it beats. The doctor or a specialised cardiac technician uses a thick wand called a transducer to send sound waves to the heart which creates the image.

During the test, you will have electrodes attached to your chest which allows continuous monitoring of your heart rhythm. You will lie on your back or left side while a small amount of gel is placed on your chest. The technician will press the transducer against your chest and move it around to be able to see different angles of your heart. You may be asked to change position or hold your breath during the test. The test requires no preparation.

### Stress Echocardiogram

Stress Echocardiography is the same as an Exercise Stress Test with the addition of Echocardiography (ultrasound of the heart). The Echocardiogram is performed immediately before and after the Exercise Stress Test. This gives the doctor a lot of information about how your heart responds to exercise. It is also a very accurate method of assessing if there are any blockages of the coronary arteries.

Patients are usually advised to stop certain medications 2 days before the test. Please ask your doctor or contact Echo Heart Centre to find out if you need to stop any medications. You should wear comfortable clothing that will allow you to exercise. After the test you will be monitored for 5 – 10 minutes. The entire test will take approximately 30 minutes.

