

Cardiac Testing Information & Preparation Sheet

For Outpatient & Inpatient Services

PROCEDURE	DURATION	PREPARATION
ECHO (ECHOCARDIOGRAM) An ECHO is an ultrasound of your heart, is usually painless and does not involve radiation or x-rays. It produces images of your heart muscle, valves, blood vessels and blood flow. Advanced echo imaging available including; strain, contrast & 3D imaging.	45 to 60 minutes	No specific preparation is required. Wear a two- piece outfit (or gown), as you will be required to remove your clothing from the waist up. <i>Mobile service available for inpatients.</i>
STRESS ECHO (TREADMILL / DOBUTAMINE) Treadmill: this is a combination of an ultrasound of your heart and a stress test to assess for changes to your heart's function with exercise. This test is used to assess the likelihood of blockages in your heart arteries. This test involves a treadmill, so please wear comfortable clothing and suitable footwear. Dobutamine: this is another type of Stress ECHO used when the patient is unable to exercise on a treadmill. A drug is used to increase the heart rate in situations where exercising is not an option.	45 to 60 minutes	No need to fast, however we recommend that you only have a light breakfast if your test is in the morning or a light lunch if your test is in the afternoon. Avoid stimulants like coffee, tea, and soft drinks that contain caffeine. Wear a two-piece outfit (or gown), as you will be required to remove your clothing from the waist up. A list of your medications is required. You should ask your referring doctor if current medication should be temporarily stopped before the test. A 20G intravenous (IV) cannula with a 3-way tap is placed in the right hand for a Dobutamine Stress Echo.
TOE (TRANSOESOPHAGEAL ECHOCARDIOGRAM) This is an ultrasound of the heart that is performed via the oesophagus. This test usually provides excellent images of the heart, and gives additional information to a standard echocardiogram. An IV cannula is inserted in your hand or forearm, a sedative and local anaesthetic spray is given to numb the throat.	60 minutes	A TOE requires fasting 6 hours prior to the procedure. Diabetics should talk to their doctor about food and insulin intake. A list of your medications is required. Take your usual medication with a small sip of water, unless your doctor has advised otherwise. Wear a two-piece outfit (or gown), as you will be required to remove your clothing from the waist up. You will usually not be able to eat or drink anything for 2-hours after the test and need to organise transport home as you must not drive a motor vehicle or operate machinery within 12-hours of this procedure. A 20G IV cannula with a 3-way tap is placed in the right hand.

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ECG WITH REPORT An ECG (electrocardiogram) is a tracing of the electrical activity of your heart. Twelve stickers are placed on the chest and on the limbs, which are then connected to the ECG machine, and a reading is taken.	5 to 10 minutes	No preparation is required. Wear a two piece outfit (or gown), as you may be required to remove your clothing from the waist up. Do not use talc or body lotion on your upper body. <i>ECG service available for outpatients only.</i>
PACEMAKER / ICD CHECK A pacemaker check will assess the function of your device including the battery. A magnet and programmer will be used during the examination.	15 minutes	No preparation is required. Wear a two piece outfit (or gown), as you may be required to remove your clothing from the waist up. <i>Mobile service available for inpatient Pacemaker / ICD checks.</i>
EXERCISE STRESS TEST (TREADMILL) Exercise stress test is used to assess the likelihood of blockages in your heart arteries. This test involves a treadmill, so wear loose comfortable clothing and suitable footwear.	30 minutes	No need to fast, however we recommend that you only have a light breakfast if your test is in the morning or a light lunch if your test is in the afternoon. Avoid stimulants like coffee, tea, and soft drinks that contain caffeine. Wear a two-piece outfit (or gown) suitable for walking, as you may be required to remove your clothing from the waist up. A list of your medications is required. You should ask your referring doctor if current medication should be temporarily stopped before the test.
HOLTER OR 7 DAY EVENT MONITOR Ambulatory ECG monitoring provides your doctor with a recording of your heart's electrical activity over a specific period. There are two types: Holter monitoring and Event monitoring (includes ECG). With Holter monitoring, the recording is continuous over a 24, 48, 72 hour or 7-day period. With Event monitoring, the device is worn for up to 7 days, recording continuously or when you press the event button. You are encouraged to perform normal daily activities.	20 minutes to attach and 5 minutes to remove. To be left on for the specific recording period.	You should shower before the monitor is attached, as you will NOT be able to shower whilst wearing the monitor. The monitor cannot be used in water. An Event monitor, however, may be removed when bathing is required. Wear a two-piece outfit (or gown), preferably loose fitting as you may be required to remove your clothing from the waist up. Do not use talc or body lotion on your upper body. No other imaging (CT, MRI or x-ray) can be performed while the monitor is attached.
AMBULATORY BLOOD PRESSURE MONITOR An ambulatory blood pressure monitor automatically records blood pressure over a 24-hour period, taking recordings every 30 minutes during the day and every hour during the night. You are encouraged to perform normal daily activities.	20 minutes to attach and 5 minutes to remove.	You should shower before the monitor is attached, as you will NOT be able to shower whilst wearing the monitor. The monitor cannot be used in water. Wear a two-piece outfit, preferably loose fitting especially around the upper arm. No other imaging (CT, MRI or x-ray) can be performed while the monitor is attached.



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