

# WANGARATTA & BORDER CARDIOLOGY & RESPIRATORY CENTRE

NAME ..... ADDRESS ..... ..... DOB ..... PHONE.....	APPOINTMENT DATE..... TIME..... LOCATION.....
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<b>Cardiology tests</b> <input type="checkbox"/> 12 lead ECG <input type="checkbox"/> 24 hour Holter monitor <input type="checkbox"/> Extended monitor: <input type="checkbox"/> 72 hours <input type="checkbox"/> Heart Bug up to 30 days – <b>WANGARATTA</b> <input type="checkbox"/> 24 hour blood pressure monitor ABPM <input type="checkbox"/> Echocardiogram (transthoracic) TTE <input type="checkbox"/> Tilt table test – <b>WANGARATTA</b> <input type="checkbox"/> Pacemaker – ICD – Implantable Loop recorder- <b>WANGARATTA</b>	<b>Respiratory tests</b> <input type="checkbox"/> Spirometry & Oximetry <input type="checkbox"/> Gas transfer study - TLCO <input type="checkbox"/> Bodyplethysmography – Lung volumes <input type="checkbox"/> 6 minute walk test – 6MWT <input type="checkbox"/> Arterial/capillary blood gas analysis - ABG <input type="checkbox"/> Respiratory muscle strength – MIP & MEP <input type="checkbox"/> Home Oxygen Assessment (includes spirometry, TLCO, 6MWT, ABG) <input type="checkbox"/> Bronchial provocation test with mannitol- <b>WANGARATTA</b> <input type="checkbox"/> Overnight Oximetry with Holter monitor - <b>WANGARATTA</b> <input type="checkbox"/> Cardiopulmonary Exercise Stress test - <b>WANGARATTA</b>
<b>Other tests</b> <input type="checkbox"/> Capsule endoscopy – Pill Cam – <b>WANGARATTA</b>	

**Exercise stress test - please select Medicare approved indication**

- Ischaemic symptoms
- History of other cardiac disease which may be exacerbated by exercise
- Known ischaemic heart disease with symptom evolution
- First degree relatives with suspected hereditary arrhythmia
- Medicare criteria not met: patient self-funding

**Stress Echocardiogram: WANGARATTA - please select Medicare approved indications**

- Symptoms of typical or atypical angina
- Exertional dyspnoea of uncertain etiology
- Resting ischaemic ECG changes without known coronary artery disease
- Known coronary artery disease and evolving ischaemic symptoms or suboptimal response to medical therapy
- Known coronary artery lesion of uncertain functional significance
- Suspected silent ischaemia
- Pre-operative with poor exercise capacity and IHD/ Heart failure/ Stroke/TIA/ eGFR<60/ Diabetes mellitus on insulin
- Before cardiac intervention: Correlate functional capacity with ischaemic threshold,
- Functional assessment of mitral regurgitation or correlation with functional capacity, Cardiac output assessment to determine aortic stenosis severity
- Medicare criteria not met: patient self-funding

Clinical notes / medications .....

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Referring doctor: Name: ..... Provider No: ..... Phone: ..... Address: ..... .....
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Copies to: .....

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Signature .....

Date .....

## PATIENT INSTRUCTIONS

### ECG studies

- 12 lead ECG:** Allow 15 minutes. Please wear loose clothing.
- 24h Holter monitor:** Allow 20 minutes. You will be wearing a small monitor for 24 hours. You will be able to continue your normal daily activities but unable to bathe, shower or go near a welder.
- Extended Holter monitor:** Allow 20 minutes. You will be wearing a small monitor for between 3 to 30 days. You will be able to continue your normal daily activities but unable to go near a welder.
- Heart Bug:** Allow 20 minutes. You will be wearing a small monitor for between 1 to 4 weeks. You will be able to continue your normal daily activities but unable to go near a welder.

### Blood pressure studies

- 24h Blood pressure monitor:** Allow 20 minutes. You will be wearing a small monitor for 24 hours. You will be able to continue your normal daily activities but unable to bathe, shower or go near a welder.

### Echocardiography

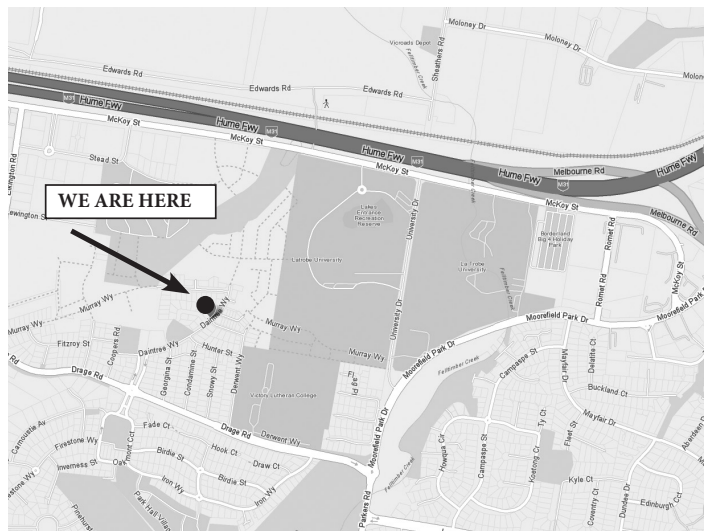
- Echocardiogram – transthoracic (TTE):** Allow 1 hour. Ultrasound examination of the heart. Please wear loose comfortable clothing, preferably trousers/skirt & top/shirt (not a dress).
- Stress echocardiogram:** Allow 1 hour. This is a 3-part test. You will have a transthoracic echocardiogram, then an exercise stress test, followed by another echocardiogram. Please wear a short-sleeved, loose top/shirt and a pair of comfortable flat-soled shoes or runners. Some heart and blood pressure medication may need to be stopped 24-48 hours before the test. Please discuss with your doctor. Further instructions will be given when the appointment is made.

**Pacemaker Clinic:** Allow 30 minutes.

**Respiratory studies:** Do not smoke on the day of the test. Please bring your inhalers and spacer with you to the test. Some inhalers or respiratory medication may need to be stopped 24-48 hours before the test. Please discuss with your doctor. Further instructions will be given when the appointment is made.

- Spirometry & Oximetry –** Allow 30 minutes.
- Gas transfer study – TLCO –** Allow 30 minutes.
- Bodyplethysmography – Lung volumes –** Allow 1 hour.
- 6min walk test - 6MWT:** Allow 15 minutes. Please wear loose comfortable clothing and a pair of comfortable flat-soled shoes or runners. This may be repeated with oxygen.
- Arterial blood gas analysis – ABG:** Blood will be taken from your ear lobe or an artery in your wrist.
- Bronchial provocation test with mannitol:** Allow 1 hour. Instructions will be given at the time of making appointment.
- Respiratory muscle strength MIP & MEP:** Allow 30 minutes.
- Home oxygen assessment (includes spirometry & oximetry, 6min walk test, ABG):** Allow 1 hour. Further instructions will be given when the appointment is made.
- Overnight oximetry with Holter monitor:** Allow 20 minutes. You will be wearing a small monitor which includes a finger probe for 24 hours. You will be able to continue normal daily activities, but unable to bathe, shower or go near a welder.
- Cardiopulmonary Stress Test.** Allow 1 hr. You will be exercising on a treadmill or exercise bike while your heart rate and lung capacity are being monitored. Please wear a short-sleeved, loose top/shirt and a pair of comfortable flat-soled shoes or runners. Further instructions will be given when the appointment is made.
- Exercise stress test:** Allow 45 minutes. You will be exercising on a treadmill while your heart rate is monitored. Bring a short-sleeved, loose top/shirt and a pair of comfortable flat-soled shoes or runners. Some heart and blood pressure medication may need to be stopped 24-48 hours before the test. Please discuss with your doctor. Further instructions will be given when the appointment is made.
- Tilt table test:** Allow 1 ½ hours. Further instructions will be given when the appointment is made.
- Capsule endoscopy – Pill Cam:** Allow 15 minutes. Further instructions will be given when the appointment is made.

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### WANGARATTA



## REGIONAL SERVICES

**Beechworth** – Beechworth Hospital - **Benalla** – Benalla Hospital - **Bright** – Bright Medical Centre

**Mansfield** – Mansfield Medical Centre - **Myrtleford** – Myrtleford Hospital - **Yarrawonga** – Yarrawonga Hospital