



WOMEN'S COLLEGE HOSPITAL
Health care for women | REVOLUTIONIZED

CARDIOLOGY LAB REQUISITION

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An academic centre fully affiliated with the University of Toronto

PATIENT NAME _____
 BIRTHDATE DD /MM /YYYY _____
 HEALTH CARD _____
 ADDRESS _____

 TEL (H) _____
 (Mobile) _____

REFERRING MD _____
 MD BILLING # _____
 ADDRESS _____
 TEL _____
 FAX _____
 Please Provide (print clearly) _____

COPY TO Name: _____
 Fax #: _____

URGENT RESULTS

TEST	Date	Time
<input type="checkbox"/> Echocardiogram		
<input type="checkbox"/> Echo with Contrast		
<input type="checkbox"/> Echo with Bubble Study		
<input type="checkbox"/> Echo with Dobutamine		
<input type="checkbox"/> Exercise Stressecho		
<input type="checkbox"/> Holter Monitor 24 hrs. <input type="checkbox"/> Holter Monitor 48 hrs.		
<input type="checkbox"/> Exercise Stress Test		

In cases where an echo and stress test are ordered, we may change to a stressecho (improves diagnostic accuracy and decreases cost)

Ambulatory blood pressure monitor (inquire re fee)

General Information and Instructions are outlined on the back >

BRIEF HISTORY:

MD, Signature: _____

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- An **echocardiogram (echodoppler)** is a graphic outline of the heart's movement. During an echo test, ultrasound (high-frequency sound waves) from a hand-held wand placed on your chest provides pictures of the heart's valves and chambers and helps the sonographer evaluate the pumping action of the heart. Echo is often combined with Doppler ultrasound and color Doppler to evaluate blood flow across the heart's valves.
 - You should feel no major discomfort during the test. You may feel coolness on your skin from the gel on the transducer, and a slight pressure of the transducer on your chest.
 - The appointment will take approximately 45 minutes.

- **Echocardiography with Contrast/** allows for a more detailed look at the size, structure and pumping function of one of the key heart chambers, the left ventricle. **Bubble Study:** is done to check for a hole in the top of your heart.
 - An intravenous line will be placed in a vein in your hand or arm.
 - A contrast and/or saline agent will be injected into the intravenous line and this significantly improves the quality of the images being recorded during the echo test.
 - The appointment will take approximately 60 minutes.

- **Stress echocardiography**, also called an echocardiography stress test or stress echo, is a procedure used to determine how well your heart and blood vessels are working. You will be asked to **exercise** on a treadmill while doctors monitor your blood pressure and heart rhythm. When your heart rate reaches peak levels, the sonographer will take **ultrasound** images of your heart to determine whether your heart muscles are receiving enough blood and oxygen while you exercise.
 - Make sure not to eat or drink anything for three hours before the test, **Unless** you are **diabetic**, if so, **keep a normal diet**.
 - Wear comfortable, loose-fitting clothes. Since you will be required to exercise, make sure to wear good walking or running shoes.
 - The appointment will take approximately 60 minutes.

- **Stress Test:** is the recording of the heart's electrical activity and blood pressure while the heart is under the physical stress. This is also known as an exercise test or graded exercise test.
 - Make sure not to eat or drink anything for three hours before the test, **Unless** you are **diabetic**, if so, **keep a normal diet**.
 - Wear comfortable, loose-fitting clothes. Since you will be required to exercise, make sure to wear good walking or running shoes.
 - The appointment will take approximately 30 minutes.

- A **Holter monitor** is a small, wearable device that keeps track of your heart rhythm. Your doctor may want you to wear a Holter monitor for one to two days. During that time, the device records all of your heartbeats.
 - You'll be instructed to keep a diary of all the activities you do while wearing the monitor. It's particularly important to record in the diary any symptoms of palpitations, skipped heartbeats, shortness of breath, chest pain or lightheadedness. You will be given a form to help you record your activities and any symptoms.
 - For **female patients**, in order to obtain the best possible reading, you will be asked to not wear a bra during the test.
 - You cannot bath or shower with the monitor on.
 - You will be expected to return the monitor promptly one to two days later.
 - The appointment will take approximately 30 minutes.
 - **You may experience itchiness or burning. If the burning does not subside within 30 minutes, please remove the monitor as you may be having an allergic reaction to the gel or electrode. Notify your doctor should your symptoms worsen.**

- Ambulatory **blood pressure monitoring (ABPM)** is a non-invasive method of obtaining blood pressure readings over a 24-hour period, while you are in your own environment, representing a true reflection of your blood pressure.
 - You'll be instructed to keep a diary of all the activities you do while wearing the monitor.
 - The monitor will be attached to your arm and will take readings every 30 minutes throughout the day, and every hour throughout the night.
 - You cannot bath or shower with the monitor on.
 - You will be expected to return the monitor promptly the following day.
 - This test is not covered by OHIP and therefore an \$80.00 fee may apply.
 - The appointment will take approximately 30 minutes.

- Applies to all of the above: **Do not wear body lotion on the day of your test. Refrain from using scented products.**