

CARDIOLOGY LAB REQUISITION

76 Grenville Street. 4th Floor. Toronto ON M5S 1B2

Tel 416.323.6106. Fax 416.323.6147

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 | | |
| Holter Monitor <input type="radio"/> 24hr <input type="radio"/> 48hr <input type="radio"/> 72hr <input type="radio"/> 7 day <input type="radio"/> 14 day | | |
| <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) | | |
| <input type="checkbox"/> Ambulatory blood pressure monitor (inquire re fee) | | |

General Information and Instructions are outlined on the back >

BRIEF HISTORY:

MD, Signature: _____

"This fax transmission contains confidential information that is intended only for the named recipient. If you are not the intended recipient, you are hereby notified that any use, review, disclosure, copying, or distribution of the contents of this fax is strictly prohibited. If you have received this fax transmission in error, please immediately notify the sender at the telephone number provided above to arrange for the return or destruction of this document".

○ **An Echocardiogram (echodoppler/ultrasound of the heart)** 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.

- 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.

○ **Stress Echocardiography**, also called a stressecho, 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 your blood pressure and heart rhythm are being monitored. 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.
- Do not eat food or drink caffeine, 2 hours prior to the test (water is allowed). If you are diabetic, please keep your normal diet.
- Wear comfortable, loose-fitting clothes. Wear good walking shoes or running shoes, as you will be walking on the treadmill.
- The appointment will take approximately 60 minutes.

○ **Stress Test (exercise test, graded exercise test)**, is the recording of the hearts electrical activity and blood pressure while the heart is under physical stress.

- Do not eat food or drink caffeine, 2 hours prior to the test (water is allowed). If you are diabetic, please keep your normal diet.
- Wear comfortable, loose-fitting clothes. Wear good walking shoes or running shoes, as you will be walking on the treadmill.
- The appointment will take approximately 30 minutes.

○ **Holter Monitor**, this is a small wearable device that records your heart rate and rhythm. Monitoring times may vary based on your doctor's request.

- You will be instructed to keep a diary of your activities while wearing the monitor. It is particularly important to record any symptoms of palpitations, skipped heartbeats, shortness of breath, chest pain or lightheadedness. The diary will be provided to you.
- An ECG will be performed prior to the monitor being placed.
- You will not be able to bath or shower while wearing the monitor
- Instructions for the return of the monitor will be provided to you.
- The appointment will take approximately 30 minutes.

○ **Ambulatory blood pressure monitoring (ABPM)**, is a non-invasive method of obtaining blood pressure readings over a period of time, while you are in your own environment, representing a true reflection of your blood pressure.

- You will be instructed to keep a diary of your activities while wearing the monitor.
- The monitor will be attached to your arm, and will take readings every 30 minutes during the day and every 60 minutes throughout the night.
- You cannot bath or shower while wearing the monitor
- Instructions for the return of the monitor will be provided to you
- 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: Do not use body lotion on the day of your appointment. WCH is fragrance free facility, please refrain from using scented products on the day of your appointment.