



CARDIAC DIAGNOSTIC SERVICES REQUISTION

NOTE: Tests are by appointment only. PLEASE FAX TO CLINIC AT 354-4937 PHONE 354-3301 (EXT 258)

Patient's Last Name: _____ First Name: _____

Health Card #: _____

D.O.B. _____ Gender: Male Female

Address: _____

Telephone #: _____ Alternate #: _____

Emergency Contact Person: _____ Contact #: _____

DIAGNOSTIC TESTS - PLEASE CHECK THE TEST REQUESTED AND LENGTH OF ASSESSMENT (if applicable)

HOLTER MONITOR 24 hours 48 hours

CONTINUOUS MONITOR (Level 2) *(limited to 2 weeks per 30 days)
(formerly known as Event Recorder/Loop)

AMBULATORY BP MONITORING A fee of \$25 is payable at the Information Desk prior to the test.

EXERCISE ECG STRESS TEST Previous ECG attached. Patient given Info Sheet (see reverse).

INDICATION FOR TEST:

PERTINENT HISTORY:

CURRENT MEDICATIONS: For stress testing, please indicate ALL medications (Consider holding B blockers, nitrates, calcium channel blockers for 48 hours before EST". We will also review these instructions with the patient prior to and after the test.

Date of Referral: _____ Physician Phone #: _____

Physician Signature: _____ Print Name: _____

COMPLETED BY HOSPITAL TECHNICIAN

START TIME:

| | | |
|--------------------------------------|--------------------------------------|--------------------------------------|
| 1. Date of Holter Recorder SIN _____ | 3. Date of Holter Recorder SIN _____ | 5. Date of Holter Recorder SIN _____ |
| 2. Date of Holter Recorder SIN _____ | 4. Date of Holter Recorder SIN _____ | 6. Date of Holter Recorder SIN _____ |



RE: EXERCISE TREADMILL ECG STRESS TESTING GUIDELINES

Usual indications: *

- To diagnose suspected CAD
 - To assess the adequacy of CAD therapy
 - To assess prognosis following a cardiac event or procedure
 - To evaluate patients with known or suspected arrhythmias
- * NB: For Cardiac Rehab referrals, please use the designated form.**

Some contraindications: (not a complete list)

- Recent MI (<2 days), unstable angina, left main coronary disease (if known).
- Uncompensated CHF.
- Severe aortic stenosis, other outflow tract obstruction, mitral stenosis.
- Uncontrolled arrhythmia, WPW.
- Miscellaneous: LBBB, pericarditis, PE, severe anemia, hyperthyroidism, etc.

Recommended timing of stress testing after a cardiac event or procedure:

| Procedure | Time Criteria (minimum) |
|--|-------------------------|
| Successful angioplasty/stenting, ablation, pacemaker/ICD implantation, cardioversion, etc. | >2 weeks after |
| Acute coronary syndrome treated medically | >4 weeks after |
| CABG, other sternotomy | >6 weeks after |

Please give instructions to patient:

- Bring comfortable clean walking shoes or sneakers for the treadmill.
- Eat a light breakfast or lunch (depending on the time of your appointment).
- For persons with diabetes, you should eat your usual diet. Bring your glucometer with you for testing as needed before and after your stress test.
- Bring all your medications with you, including any inhalers or nitroglycerin spray.
- For diagnosis of suspected CAD, consider stopping beta-blockers, diltiazem, and/or verapamil 48 hours before stress test (if deemed safe by the referring physician). Indicate this under "current medications" on the requisition form.
- Also avoid nitrates on the day of stress testing (e.g. nitroglycerin patch, isosorbide dinitrate, etc.), and indicate this under "current medications" on the requisition form.