



# BORDER CARDIOLOGY & RESPIRATORY CENTRE

Daintree Allied and Specialist Health  
7 Daintree Way, West Wodonga 3690  
Phone: (02) 02 6059 2300  
Fax: (02) 02 6059 8407  
Hours: 9.00 am – 5.00pm Monday-Friday

Tests are performed by appointment

Appointment date .....

Time .....

Name.....

Address.....

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DOB ..... Phone .....

## Examination requested

### ECG studies

- 12 lead ECG
- 24 hours Holter Monitor
- Extended Holter Monitor  
(If 24 hour Holter Monitor is non-diagnostic)  
72 hours, unless specified otherwise

### Blood pressure studies

- 24 hours Blood Pressure Monitor ABPM

### Echocardiography

- Transthoracic Echocardiogram – TTE

### Exercise Stress Test

- Exercise Stress Test

### Respiratory studies

- Spirometry & Oximetry
- Gas transfer study – TLCO
- Lung volumes – Bodyplethysmography
- 6 minute walk test – 6MWT
- Arterial blood gas analysis – ABG
- Home Oxygen Assessment includes  
Spirometry & Oximetry, TLCO, 6MWT, ABG
- Respiratory muscle strength – MIP & MEP

### Pacemaker Clinic

- Pacemaker check
- ICD check
- Reveal Implantable Device check

## Clinical notes / medications

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Referring doctor's name, address, phone, provider number

Copies to:

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Signature .....

Date .....

# Patient Instructions

## ECG studies

- 12 lead ECG: Wear loose clothing. Allow 15 minutes.
- 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 3 days or longer. 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. Wear loose, comfortable clothing, preferably trousers/skirt & top/shirt (not a dress).

## Exercise stress test

- 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 are issued when the appointment is made.

## Respiratory studies:

Do not smoke on the day of the test. 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 are issued when the appointment is made.

- Spirometry & Oximetry: Allow 30 minutes.
- Gas transfer study – TLCO: Allow 30 minutes.
- Lung volumes – Bodyplethysmography: Allow 1 hour.
- Respiratory muscle strength MIP & MEP: Allow 30 minutes.
- 6min walk test – 6MWT: Wear loose comfortable clothing and a pair of comfortable flat-soled shoes or runners. This may be repeated with oxygen. Allow 15 minutes.
- Arterial blood gas analysis – ABG: Blood will be taken from an artery in your wrist.
- Home oxygen assessment includes spirometry & oximetry, 6min walk test, ABG: Allow 1 hour. Instructions will be given at the time of making appointment. Cease oxygen therapy if possible a half hour prior to the appointment.

**Pacemaker Clinic:** Allow 30 minutes.

## WODONGA

