



# Malvern Heart Centre

Located at Central Park Specialist Centre

389 Wattletree Road

East Malvern 3145

www.centralparkspecialistcentre.com.au

E: reception@malvernheartcentre.com.au

Phone: 9509 6366 Fax: 9509 1580

<input type="checkbox"/> Dr David Irons	<input type="checkbox"/> Dr Alex Adel	<input type="checkbox"/> Dr Alex Friedman
---	---------------------------------------	---

Patient Name:		M/F
Patient Address:		
Date of Birth : (17 years or older)	My Health Record No:	Mobile:

<b>Diagnostic:</b>	Cardiology Consultation	<input type="checkbox"/>
	Echocardiogram (Echo)	<input type="checkbox"/>
	<b>Stress Exercise Echocardiogram (Stress Echo)</b>	<input type="checkbox"/>
	<i>**Referring Doctor must advise patient of any Beta Blocker medication to be stopped prior to test</i>	
	24hr Holter Monitor	<input type="checkbox"/>
	ECG	<input type="checkbox"/>
	24hr Ambulatory Blood Pressure Monitor	<input type="checkbox"/>
	Pacemaker Check	<input type="checkbox"/>

<b>Clinical Notes/Medications:</b>
Please include relevant medications and where possible any previous stress echo or echocardiogram reports

Appointment:	Date:	Time:
Appointment:	Date:	Time:
Appointment:	Date:	Time:

### Referring Doctor: Please sign and date

Name:	Provider Number:
Address:	Phone:
Signature:	Fax/Email:
Copies to:	Date:



# Malvern Heart Centre

389 Wattletree Road  
East Malvern 3145

[www.centralparkspecialistcentre.com.au](http://www.centralparkspecialistcentre.com.au)

E: [reception@malvernheartcentre.com.au](mailto:reception@malvernheartcentre.com.au)

**Phone: 9509 6366 Fax: 9509 1580**

## **Transthoracic Echocardiogram (Echo)**

An Echo is an ultrasound scan of the heart and takes approximately 45 minutes. You will be asked to change into a gown and our technician will apply sticky electrodes to your chest that connect to the ECG cables. Some gel will be used on your chest.

## **Stress Exercise Echocardiogram (Stress Echo)**

A treadmill Stress Echo assesses heart function during supervised exercise (walking on a treadmill). It takes approximately 30 minutes, which includes preparation and recovery time. Please avoid a heavy meal before the test and wear comfortable walking shoes and clothes to walk on the treadmill. Generally, beta blockers & selected Calcium channel blockers (eg: Verapamil & Diltiazem) are stopped for 48 hours prior to the test.

\*Please ensure your referring doctor has specified and advised you which, if any, medications you need to cease prior to your assessment.

## **ElectrocardioGram (ECG)**

An ECG is a tracing of the electrical activity of your heart and is helpful in diagnosing heart rhythm problems. The test takes approximately 10 minutes and occasionally a small amount of skin preparation is used to ensure the ECG dots adhere to your chest wall.

## **24 Hour Holter Monitor**

The monitor takes 15 minutes to connect and a few minutes to remove 24 hours later. You will not be able to bath, shower or swim during the 24 hours whilst you are wearing the Holter Monitor. Otherwise normal activity is okay. We will ask you to press an "event button" on the recorder should you feel any symptoms (palpitations, dizziness or discomfort) in the 24 hours.

## **24 Hour Ambulatory Blood Pressure Monitor**

The monitor takes 5 minutes to connect and a few minutes to remove 24 hours later. It is advised to wear a loose top while wearing the monitor. The Blood Pressure cuff is usually programmed to inflate every 30 minutes during the day and every 60 minutes overnight. To ensure the most accurate readings, it is advised to keep still during the cuff inflation.

## **Cardiology Consultation**

Please bring along any relevant recent documentation related to your prior medical history including a list of current medications and copies of previous tests, including any Stress Echocardiogram or Transthoracic Echocardiogram reports.



Free Onsite Parking at rear of building  
(Irymple Street)