MELBOURNE CARDIOVASCULAR & DIABETES CENTRE

Grace Compassion Dedication

Cardiologists
A/Prof Dennis Wong
A/Prof Yuvaraj Malaiapan
Dr Kevin Cheng
Dr Jefferson Ko

Endocrinologist
Dr Jessica Chang
Dr Alexander Yao

Physician
Dr Paul Thein

Name:

Address:

Date of Birth:

Telephone (H):

Mobile:

Medicare No.:

REQUEST FOR:

CLINICAL DETAILS:

REFERRING DOCTOR DETAILS:

RESULTS:

☐ Telephone Report (No.)

☐ Facsimile Report (No.)

☐ Email Report:

COPIES TO:

DOCTORS SIGNATURE:

DATE:

CONSULTATION

☐ Cardiologist

☐ Endocrinologist

☐ Diabetic Educator

☐ Specialist Physician

CARDIAC INVESTIGATION

☐ Transthoracic Echocardiography

☐ Exercise Stress Echocardiography

☐ 24 Hour Holter Monitor

☐ Ambulatory BP Monitor

☐ CT Coronary Angiogram (requires consultation)

81 Blackburn Rd
MOUNT WAVERLEY VIC 3149

ALL APPOINTMENTS & CORRESPONDENCE
81 Blackburn Rd, MOUNT WAVERLEY VIC 3149
Tel: 9802 9250 **Fax:** 9803 4364
Email: admin@mcdc.net.au **Website:** www.mcdc.net.au

OPENING HOURS:
Mon - Fri 8.30am-5.00pm

24 HOUR HOLTER MONITOR

A Holter Monitor is a 24 hour continuous recording of your heart rate and rhythm. The test usually takes 15 minutes to apply and 5 minutes to remove the next day. For the duration of the test, you will wear a small recorder. Wires run from the recorder to electrodes which are attached to your chest. You will need to remove your shirt/blouse for the monitor to be placed. It is recommended that you wear a loose fitting shirt or blouse while the monitor is fitted. You can go about daily activities as you would normally do during the 24 hr period. You will be given a diary to record any symptoms you may experience. The only restriction while wearing the monitor is no showering until the completion of the test.

AMBULATORY BP MONITOR

An Ambulatory Blood Pressure monitor records your blood pressure at regular intervals over 24 hours. The test usually takes 10 minutes to apply and 5 minutes to remove the next day. A blood pressure cuff is placed on your arm and you will carry a small monitor with you typically around your waist. This monitor is programmed to your day and night activities, which will be determined when you attend. The only restriction while wearing the monitor is no showering until the completion of the test.

TRANSTHORACIC ECHOCARDIOGRAPHY

An Echocardiogram offers an ultrasound of your heart to check the structure and function of your heart's chambers and valves. Sticky dots and gel are applied in several locations across your chest to record the heart rhythm and images from different angles. Please allow 45-60 minutes for this test.

EXERCISE STRESS ECHOCARDIOGRAPHY

An Exercise Stress Echocardiogram combines the exercise stress test with ultrasound images of the heart to make the test more informative and accurate. It will provide specific information about the function of your heart muscle and valves at rest and after exercise. ECG dots and leads will be attached to your chest to monitor your heart rate. You will then lie on a bed on your left side while a sonographer takes ultrasound images of your heart at rest. You will then be asked to walk on the treadmill, that increases in speed and slope every three (3) minutes. The test can be stopped at any time due to signs of fatigue or other reasons, at which time you will then be quickly taken from the treadmill and back onto the bed (in the same position as before). The sonographer will take more ultrasound images of your heart while your heart rate is increased. The Cardiologist will then be able to compare the images of your heart a rest with your images of your heart after exercise. You should allow 45-60 minutes for the test. It is advised that you avoid a heavy meal beforehand, and to wear comfortable clothing and walking shoes for the test.

CT CORONARY ANGIOGRAM

A CT coronary angiogram is the use of a CAT scan to non-invasively obtain images of your coronary arteries to exclude significant narrowings. You will need to fast for 4-6 hours prior to the test. During the test, iodine contrast or dye is injected from the arm veins to opacify the arteries during which time the Xray- images will be taken. You should allow 120 mins for the test.