

Cardiac Diagnostics Outpatient Referral Form

Centenary site

Patient name: _____	
Patient contact #: _____	OHIP #: _____
Appointment date: _____	Time: _____
Referring physician: _____	Copies to: _____
Indication: _____	Comments: _____

Stress Testing

Withhold Beta Blockers 24 hours prior to stress test

1. **Graded Exercise Stress Test (GXT)**
2. **Stress Echo**
 - a. Exercise
 - b. Dobutamine Wt _____
*If necessary, contrast echo will be performed
3. **Nuclear Myocardial Imaging**
 - a. Exercise
 Pharmacological MIBI Wt _____
 - b. Persantine
 - c. Dobutamine
 - d. Thallium Viability Study
 - e. Muga

5. Cardiac Consults & Follow-up

- a. If intermediate-risk GXT, arrange for:
 - i). MIBI
 - ii). Stress Echo
- b. **If abnormal test**, arrange for cardiac consultation

6. Echocardiography

- a. **Echocardiogram**
*If necessary, contrast echo will be performed
 Transesophageal Echo (TEE)
- b. **Echo with saline (bubble) study**

4. Ambulatory Blood Pressure Monitor

- 24-hour APBM** (\$50.00 charge applied)

7. Arrhythmia Assessment

- a. **Holter Monitor**
 - i). 24-hour iii). 72-hour
 - ii). 48-hour
- b. **Continuous Loop Recorder** (Two weeks)
- c. **ECG**
- d. **Pacemaker follow-up**
- e. **ICD follow-up**

High-risk studies will be communicated by phone.

Physician signature: _____ Date: _____

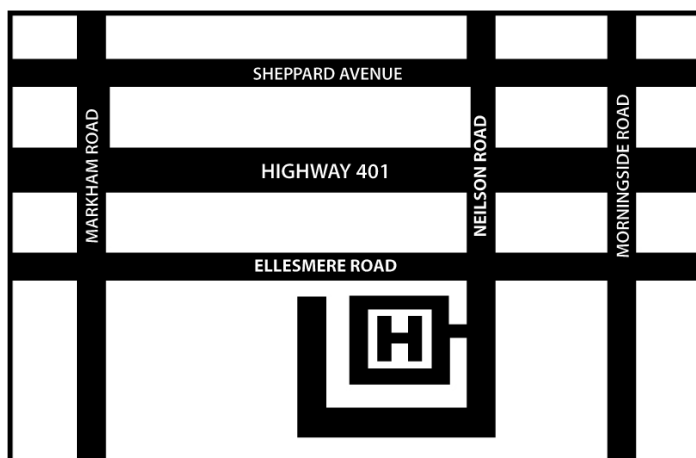
**Please fax completed form to 416-281-7098.
To book an appointment, please phone 416-281-7400.**

How to prepare for your cardiac diagnostics test

1. Bring **valid health card** as required by the Ministry of Health.
2. Bring all present heart medications or list of them. Continue on all your medications, unless instructed otherwise by your physician.
3. Bring this form with you. Please bring reading glasses if required to read and sign the consent form.
4. For most tests, a light snack or meal (toast and juice only) is recommended except TEE.
 - a. **For Nuclear Myocardial Imaging (MIBI): Do not consume any caffeinated or decaffeinated products 24 hours prior to the test** (this includes tea, coffee, chocolate and pop and decaf).
 - b. For regular stress tests: No caffeine products on the day of testing.
 - c. **For Transesophageal Echo (TEE) test: Do not eat or drink six hours prior to test.** Someone must accompany you, as a sedative will be given.
5. No lotion or powder on skin.
6. Bring comfortable walking shoes.
7. The MIBI test consists of two parts. The first part lasts approximately one and a half hours. The patient can then leave, but must return three hours later to complete the second part of the test (which is also one and a half hours). Total test time is approximately six hours.
8. If you need assistance with translation at your appointment, it is helpful to bring someone with you who can provide translation. If we are notified in advance, we can often arrange to have translation services available for you.

To cancel or reschedule your appointment, please call 416-281-7400.

How to get to the hospital



Scarborough and Rouge Hospital – Centenary site

2867 Ellesmere Road, Scarborough

The Cardiac Diagnostics Department is located on the second floor (main level), nearby the emergency department.

Please visit our website for additional information
www.rougevalley.ca/cardiac-diagnostics