

PATIENT INFORMATION FOR STRESS ECHO TEST

Stress Echo Testing can be used in conjunction with Exercise Stress testing to increase information obtained from either test alone. An Echocardiogram is performed before exercise and again at peak exercise. (See pg 5 for Echo details)

- Wear comfortable light clothing e.g. tracksuit legs or loose pants and comfortable non-slip walking shoes or trainers.
- Have a light snack or drink before procedure.
- Avoid coffee or caffeine products for 24 hours prior to test.
- If you are a diabetic have your usual breakfast and or lunch and diabetic tablets/insulin.

PLEASE BRING THE FOLLOWING WITH YOU

- Doctor's note/appointment card.
- All your medications

If you are taking any of the following prescribed BETABLOCKERS **DO NOT** take them on the morning of your test:

Ateni, Atenolol, Atenomel, Amolin, Atecor, Antogen, Artexal, Atenetic, Betaloc, Bisacor, Brevibloc, Beta-Adalat, Bisopane, Carimcor, Co-Betaloc, Emcor, Emcolol, Eucardic, Inderal, Inderal La, Lopressor, Metop, Metocor, Nebilet, Nif-Ten, Sectral, Sotocor, Sotoger, Selectol, Soprol, Tenormin, Tenoret, Tenoretic, Trandate, Trantalol, Viskaldix, Visken.

PLEASE TAKE ALL OTHER DRUGS AS PRESCRIBED.

If you have any queries please do not hesitate to contact the cardiac evaluation department on 091 785649.

If the telephone is unattended, please leave a message with your telephone number and someone will get back to you as soon as possible.

To arrange your appointment or make any alterations please call Sarah Flynn on 091 785 602 or by fax 091 785612



The Galway Clinic is located on the N6 Dual Carriageway off the Martin Roundabout

To arrange an appointment please telephone the main diagnostic imaging reception at **091-785602 or fax 091-785612**

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PATIENT INFORMATION & PROCEDURE INSTRUCTIONS FOR CARDIOLOGY TESTS



Patient Name: _____

Appt Date/Time: _____

Preparation Type: _____

Welcome to the Cardiology Department at the Galway Clinic.

We in Cardiology would like our patients to feel welcome and secure during their time with us. This brochure is designed to give you a quick overview of the divisions within Cardiology and let you know what to expect while visiting us. We have also included some of the things you will need to do or wear to help you prepare for your test. If you have any queries about anything in this brochure or if you need to change times or dates for your appointment please do not hesitate to contact us. Please see the instructions relating your exam which will be ticked and highlighted in the brochure.

CARDIOLOGY DEPARTMENT

PROCEDURE INSTRUCTIONS

The mission of the Cardiology Department is to provide exceptional care with a world class facility and state-of-the-art diagnostic technology in a caring and compassionate atmosphere. We strive for this blend of compassion, efficiency and high quality care to provide our patients with the best possible experience at the Galway Clinic.

HOLTER MONITOR

This simple test involves the wearing of a small Monitor, similar to a "Walkman", carried at the waist. It records your heart-beat silently for 24 hours. It is not necessary to be admitted to hospital for this procedure. You come to the Cardiac Evaluation Department to have it put on, this takes about half an hour, after which you may go home or back to work. You then return at the same time the following day to have it taken off again this takes about ten minutes. Your report or result of the test is then sent to your Consultant Cardiologist who will see you again to give you your results.

- **While wearing the Holter Monitor it is advisable to: Wear a loose fitting shirt or blouse.**
- Remove jewellery from around your neck.
- Take your normal exercise, but nothing dangerous that could damage the monitor.
- Keep monitor away from magnets
- The monitor must not get wet. Do not bathe or shower while wearing it.

This test takes approximately 20 minutes.



EXERCISE STRESS TEST (STRESS ECG)

This test is used to evaluate the response of the heart to exercise using a treadmill. Wear comfortable light clothing e.g. tracksuit legs or loose pants and comfortable non-slip walking shoes or trainers. Have a light snack or drink before procedure.

Avoid coffee or caffeine products for 24 hours prior to test.

If you are a diabetic have your usual breakfast or lunch and diabetic tablets/insulin.

PLEASE BRING THE FOLLOWING WITH YOU

- Doctor's note/appointment card
- All your medications
- The Test will take approximately 45 mins

If you are taking any of the following prescribed BETABLOCKERS DO NOT take them on the morning of your test.

Ateni, Atenolol, Atenomel, Amolin, Atecor, Antogen, Artexal, Atenetic, Betaloc, Bisocor, Brevibloc, Beta-Adalat, Bisopane, Carimcor, Co-Betaloc, Emcor, Emcolol, Eucardic, Inderal, Inderal La, Lopressor, Metop, Metocor, Nebilet, Nif-Ten, Sectral, Sotocor, Sotoger, Selectol, Sopro, Tenormin, Tenoret, Tenoretic, Trandate, Trantalol, Viskaldix, Visken.

PLEASE TAKE ALL OTHER DRUGS AS PRESCRIBED.

BLOOD PRESSURE MONITORING

This simple test involves wearing a small monitor, similar to a "Walkman" carried at the waist. It records your blood pressure for 24 hours via a cuff on your left arm. It is not necessary to be admitted to hospital for the procedure.

You come to the Cardiac Evaluation Unit to have the monitor put on. This takes approximately 15 minutes after which you may go home/back to work.

You return to the Cardiac Evaluation Unit at the same time the following day to have it taken off again. Your result of the test is then sent to your Consultant Doctor who will see you again to give you your results.

PLEASE BRING YOUR MEDICATIONS WITH YOU.

FOR YOUR COMFORT:

- Wear a front buttoning shirt, sweater or blouse with short sleeves that will fit over the cuff.

ECHO TEST (Echocardiogram)

- This simple procedure involves a scan of your heart to assess its overall function.
- It is not necessary to be admitted to hospital for this procedure.
- You come to the Cardiology Department to have the Test carried out. This procedure takes about 30 minutes.
- The result of the test is then seen by your Consultant Cardiologist.