



# REQUISITION FORM

### REQUEST:

In our continuous effort to provide the best possible care, improve patient access to cardiac care and reduce the waiting time, we are pleased to provide the following Cardiac Diagnostic Services:

- Echo with Consult       Echo Only       Cardiac Consult
- Cardiophone** Loop Monitor       Holter Monitor       Pre-Operative Assessment
- Stress Test with Consult       ECG       24 HR BP Monitor (\$50)

### LOCATION:

**Garani Cardiac Centre** 4728 Dorchester Rd - Suite 10      **Tel** 905-228-9955      **Fax** 905-228-0990  
 Niagara Falls, ON L2E 7H9

### PATIENT INFORMATION (LABEL):

Last Name,	First Name	DOB	Gender
		DD/MM/YYYY	
Health Number		Version Code	Phone Number

**REFERRING MD:** \_\_\_\_\_ **COPY TO:** \_\_\_\_\_

### APPROPRIATE CRITERIA FOR CARDIAC SCREENING / STRESS TESTING

The most common presentation of Coronary Artery Disease (CAD) is sudden death, and according to 2010 ACCF/AHA Guideline for Assessment of Cardiovascular Risk in Asymptomatic Adults, (*J. AM. Coll. Cardiol.* 2010;56; 2182-2199) we strongly recommend Cardiovascular Screening for the following moderate to high risk patients:

- DM>45 years old\*
- Stroke/ TIA+
- High Blood Pressure
- High Cholesterol
- Family History of premature CAD
- Abnormal Baseline ECG
- Competitive Sports Athletics
- History of Peripheral Vascular Disease

*\*Canadian J of Diabetes, Sep 2008*

*+CAD present 1/2 stroke, 1/3 PAD patients, J AM Geriatr. Soc 1999 Oct/47(10):1255-6*

### APPROPRIATE CRITERIA FOR **Cardiophone** LOOP MONITOR\*

- TIA / stroke\*     Rule out Cardiac Arrhythmia     Lightheaded     Presyncope
- Rule out PAF     Dizziness     Syncope     Palpitation     Rule out Tachycardia
- Chest pain (monitor ST segment)     Rule out Bradycardia

*\*N Engl J Med 2014; 370:2467-2477  
June 26, 2014*

### OFFICE USE ONLY

Test	Appropriateness	Booked Date	Booked Time	Confirmed Yes/No
Echo				
ST				
Consult				
Loop				

### REASON FOR REFERRAL:

- Chest Pain       Equivocal treadmill stress test       Intermediate or High Duck Treadmill Riskscore       CHF (Systolic / Diastolic)       Abnormal CXR       Post CAB
- CV Screening       Equivocal nuclear stress test       Diabetic Cardiovascular screening       Suspected Pulmonary Hypertension       Cardiac Risk Assessment       TIA / Stroke
- Post CABG       Screening cardiomyopathy       Presyncope / Dizziness / Lightheadedness       Follow up Pulmonary Hypertension       Aortic / Mitral Stenosis       HTN
- Arrhythmia       Abnormal ECG       Left Ventricle Function       Hyperlipidemia       Aortic / Mitral Regurgitation       CHF
- Syncope       CAD       Atrial Fibrillation       Shortness of Breath       Valvular Heart Disease       Murmur
- Palpitation       Other \_\_\_\_\_
- INR Monitor \_\_\_\_\_



### INSTRUCTIONS FOR STRESS TEST

#### The Stress Test consists of two parts:

- Avoid heavy meals, coffee (including decaffeinated tea or soda), smoking or alcohol consumption at least 4 hrs prior to your test as this may affect your results.
- If you are diabetic on insulin, take half your normal insulin dose, as the exercise will lower your blood sugar.
- Do not apply lotions, perfumes or powder to the chest area on the day of your test.
- Wear a two piece outfit and shoes that will be comfortable for exercising.
- Arrive 15 minutes prior to the scheduled time to allow for registration, and bring your **VALID health card** and a list of your current medications.
- Expect to wait in the clinic 15-45 minutes after your stress test for your body to cool down before driving home.

#### Medications to stop one day before the test, and on the day of the test, unless otherwise instructed by the doctor to “DO NOT STOP”:

- |              |              |              |               |
|--------------|--------------|--------------|---------------|
| • Acebutolol | • Carvedilol | • Isoptin    | • Nitrodur    |
| • Adalat     | • Coreg      | • Lopressor  | • Propranolol |
| • Amlodipine | • Diltiazem  | • Metoprolol | • Pindolol    |
| • Atenolol   | • Imdur      | • Nadolol    | • Tiazac      |
| • Bisoprolol | • Inderal    | • Nifedipine | • Timolol     |
| • Cardizem   | • Ismo       | • Norvasc    | • Verapamil   |

### APPROPRIATE CRITERIA FOR ECHO\*

- Chest pain, Palpitation, SOB, Lightheadedness, Presyncope or Syncope
- TIA/Stroke  AF, SVT or VT  Murmur or Click  Pericarditis
- Abnormal CXR, ECG or cardiac marker
- Frequent PVC ( $\geq 3$ pvc at rate more than 100bpm) or Exercise induced PVCs,
- Suspected Pulmonary HTN or Routine Annual f/u of pulmonary HTN
- Routine 3 years follow up of Mild valvular stenosis
- Routine annual follow up of moderate to severe valvular stenosis or regurgitation
- Prosthetic valve, initial post operative suspected dysfunction or routine 3 year follow up
- Ascending aorta (AA) evaluation in connective tissue disease
- Routine reevaluation of enlarged AA
- Initial evaluation of HTN ( rule out hypertensive heart disease)
- Initial evaluation of CHF (systolic or diastolic)
- Reevaluation CHF (systolic or diastolic) change clinical status or to guide therapy
- Initial evaluation of cardiomyopathy
- Reevaluation of cardiomyopathy with change in clinical status or to guide therapy
- Screening first degree relative for cardiomyopathy
- Initial evaluation of adult congenital heart disease and routine annual follow up

\* J Am Soc Echo 2011;24:229-67

### INSTRUCTIONS FOR **Cardiophone** LOOP MONITOR & HOLTER MONITOR

#### The Cardiophone Loop Monitor & Holter Monitor Tests consist of two parts:

- The first part happens the day you receive the heart monitor. This will take about 15 minutes. During this time, you will have a Baseline 12-lead ECG, fill out a cardiac questionnaire, sign an equipment loan agreement and transmit a baseline ECG, and have any questions you have about the use of the heart monitor answered.
- The second part takes place the day you return the heart monitor to our office. Please remember to return your diary with the **Cardiophone** monitor.

The **Cardiophone Loop Monitor** and **Mobile Cardiac Telemetry Holter Monitor** are small, accurate, convenient & accessible, state-of-the-art real time cardiac monitors, that are the first of their kind in Canada to use cellphone technology to continuously monitor your heart in real time and transmit any electrical abnormalities to our 24/7 central monitoring station automatically to help in early diagnosis and prompt therapy.

The test is covered by Basic **Ontario Health Plan**.



# GARANI CARDIAC CENTRE

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