

## **INSTRUCTIONS FOR PATIENTS – PLEASE READ**

### **Stress Testing and Stress Echo**

#### **Location**

Arrive at Baw Baw Physicians, Consulting Suite 2 at West Gippsland Hospital. The hospital is 10-15 minutes walk from the Warragul Railway Station.

#### **Parking**

Parking can be difficult, please allow time. There is a car park off Korumburra Road where you may be able to park.

#### **Preparation**

1. Eat only a light breakfast if the test is in the morning or light lunch otherwise.
2. Wear comfortable rubber soled footwear if possible, ideally sneakers
3. Wear loose fitting shorts or slacks or skirt
4. A blouse opening at the front for women and no synthetic tops.
5. Do not use body lotion or powder on the day of the test.
6. Please bring your request form or letter and a list of all your medications.
7. Bring your Medicare or DVA card with you.

#### **Medications**

**Bring a list of your current medications. Many medications can interfere with the test.**

Usually these will be stopped on the day of the test or days before. This must be discussed with your doctor first. The following drugs can interfere with the test beta-blockers (metoprolol, minax, propranolol, atenolol, noten, dilatrend, sotalol, any other drugs ending in -olol, calcium channel blockers (amlodipine, verapamil, diltiazem, nifedipine), perhexilene nicorandil.

#### **Risks**

There is a very small risk of complications. About 1 in 2000 patients may have a heart attack during or after the test. These are usually patients with severe coronary disease who are at risk of having a heart attack outside the hospital, with the chances of a good outcome are much less than under supervision in hospital. We have over 15,000 stress test in our database without any deaths.

**The Test** **Bike limited to 150kg in weight.**

You will have ECG leads attached to your chest by our cardiac nurse. Females can ride with a shirt on over the leads. ECG will be monitored throughout the test. The test usually takes less than 20 minutes. After the test please remain in the waiting area for 10 minutes.

**If you have any chest pain, unexplained shortness of breath or dizziness,** you should knock on the door to notify us. If you develop symptoms after leaving please immediately return to the emergency department.

#### **Holter Monitor Locations**

|                |                                  |                         |                  |
|----------------|----------------------------------|-------------------------|------------------|
| FOSTER         | Foster Medical Centre            | 97 Station Street       | Ph: 03 5682 2088 |
| GRANTVILLE     | Grantville Medical Centre        | 2/1524 Bass Highway     | Ph: 03 5678 8029 |
| KORUMBURRA     | Korumburra Medical Centre        | 50 Radovick Street      | Ph: 03 5655 1355 |
| LAKES ENTRANCE | Gippsland Lakes Community Health | 18-26 Jemmeson Street   | Ph: 03 5155 8300 |
| LEONGATHA      | Leongatha HealthCare             | 14 Koonwarra Road       | Ph: 03 5662 2201 |
| MIRBOO NORTH   | Mirboo North Clinic              | 27a Giles Street        | Ph: 03 5668 1234 |
| MOE            | Tanjil Place Medical             | 46-48 Albert Street     | Ph: 03 5126 1344 |
| MORWELL        | The HealthCare Centre            | 185a-189 Princes Drive  | Ph: 03 5133 9966 |
| WARRAGUL       | Baw Baw Physicians, Suite 2      | West Gippsland Hospital | Ph: 03 5623 0690 |
| WONTHAGGI      | Wonthaggi Medical Centre         | 2 Murray Street         | Ph: 03 5672 1333 |

#### **Echocardiography, Ambulatory, Blood Pressure and all consultations**

Baw Baw Physicians, Suite 2, West Gippsland Hospital, 41 Landsborough Street, Warragul Ph: (03) 5623 0690

#### **Appointments and Referrals**

Either ring, email, Argus or fax referral and we will allocate to the doctor as requested.

If your referral is urgent or if you are unsure who is best to see your patient, fax or email the referral and address it to either Issam Muteir or reception. We will prioritise and arrange a suitable consultant to see your patient.

**Phone:** (03) 5623 0690 **Fax:** (03) 5656 1734 **Email:** reception@bawbawphys.com.au