

What is an Exercise Stress Echocardiogram?

An Exercise Stress Echocardiogram helps your doctor determine your cardiac health status. The test involves both exercising on a treadmill and an ultrasound of your heart while you are closely monitored.

The test will provide the following information:

- Determine how well your heart tolerates activity
- Evaluate the function of your heart and valves
- Determine your likelihood of having coronary artery disease (blocked arteries)
- Evaluate the effectiveness of your cardiac treatment plan.

What preparation is required for an echocardiogram?

- It is preferable that you eat a light meal within two hours prior to the test
- Wear light, comfortable clothing (shorts or track pants) and sensible shoes (flat shoes or sandals)

What happens during an Exercise Stress Echocardiogram?

- An ultrasound transducer is moved externally over your chest area. This produces harmless sound waves known as “ultrasound waves”, to obtain pictures of the structure and chambers of your heart.
- You will then be required to walk on a motor driven treadmill while your electrocardiograph is observed and recorded by a series of leads that are attached to your chest while you are exercising.
- You will be encouraged to walk on the treadmill strenuously. It is normal for your heart rate, blood pressure, breathing and perspiration to increase. This information will allow your doctor to assess your heart’s ability to function.
- You will then move quickly to the bed for a repeat ultrasound while your heart is at its peak rate.

How long does an Exercise Stress Echocardiogram take?

The actual exercise time is usually between seven and twelve minutes. You should allow approximately 45 minutes for the entire test.

Where is the Calvary Cardiac Centre located?

The Calvary Cardiac Centre is located on the ground floor of Calvary Hospital (Lenah Valley Campus). Limited parking is available from the western approach to the Hospital.

Do you require additional information?

If you have any questions or concerns regarding your Exercise Stress Echocardiogram, our qualified staff at the Cardiac Centre will be happy to help you.

What is an Exercise Tolerance test?

An exercise tolerance test helps your doctor determine your cardiac health status. The test can show if there is a lack of blood flow through the arteries that supply the heart. It can also assist your doctor in assessing the kind of exercise that is best for your health.

What preparation is required for an Exercise Tolerance Test?

- It is preferable that you eat a light meal within two hours prior to the test.
- Wear light comfortable clothing (shorts or track pants) and sensible footwear (flat shoes or sandshoes).
- It is preferable that you do not smoke for 6 hours prior to the test as nicotine increase the heart rate.
- If you are taking beta blockade medications please check with your doctor several days before attending.

What happens during an Exercise Tolerance Test?

- The test requires you to walk on a motor driven treadmill while your electrocardiograph is observed and recorded by a series of leads that are attached to your chest while you are exercising.
- The exercise increases the demands on your heart by increasing your heart rate and blood pressure.
- Blood pressure and heart rate, your breathing and how tired you feel are monitored at regular intervals.
- The test is used to evaluate the heart's response to physical stress, including electrical abnormalities, the amount of blood flowing to the heart muscle, and the heart muscle's response to exercise.
- You can stop the test at any time if you feel the need to. After the test is completed, your heart and blood pressure rates will again be monitored.

How long does an Exercise Tolerance Test take?

The test takes approximately 20 to 30 minutes, depending on your fitness level.

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Our qualified staff at the Calvary Cardiac Centre will be happy to help you.

What is an Electrocardiogram (ECG) test?

An ECG test helps your doctor determine if your heart is functioning normally. A resting ECG is a recording of the electrical impulses of the heart as the impulses reach the body surface.

What preparation is required for an ECG test?

- No preparation is required for the ECG test.

What happens during an ECG test?

- During an ECG, leads extending from a recording machine are connected to your chest, wrist and ankles. Whilst lying in a resting position, the heart's electrical activity is recorded as wave lines on paper.
- The test is used to detect certain abnormalities within the heart.
- It is a safe and comfortable procedure.

How long does an ECG test take?

- The test takes approximately 5 minutes.

How much does an ECG test cost?

- The test attracts the Medicare Scheduled Fee, and in most circumstances there will be no "out of pocket" expense.

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Do you require additional information?

If you have any questions or concerns regarding your Electrocardiogram, our qualified staff at the Cardiac Centre will be happy to help you.

What is Ambulatory Holter Monitoring?

A holter monitor is a device which records the activity of your heart over a 24 hour period. This helps your doctor to determine your cardiac health status. You will need to wear the monitor on your person for a 24 hour period. You will not be able to shower, or use an electric blanket whilst wearing the monitor. The monitor is battery operated and light weight. It is recommended that loose, comfortable upper clothing is worn on the day the monitor is being fitted.

What happens during Holter Monitoring?

- The monitor is pre-programmed to measure and record your heart rate, the regularity of the pulse during palpitations, and any associated features.
- Leads are attached to the chest wall via electrodes and Hyperfix tape
- You will be requested to keep a diary of symptoms, so that symptoms occurring while pursuing normal activities can be correlated with readings
- You are required to press an event button when symptoms occur
- At the end of the monitoring period, the monitor is removed and the data collected is downloaded to a computer and analysed, enabling a full report to be forwarded to your doctor.

How long does Ambulatory Holter Monitoring take?

The fitting of the holter monitor takes ten to fifteen minutes and you will be required to wear the monitor for a 24 hour period. You will be therefore be required to return to have the monitor removed the following day.

How much does Ambulatory Blood Pressure Monitoring cost?

A Medicare rebate is applicable for ambulatory holter monitoring. In some instances there will be a small out-of-pocket expense.

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What is Ambulatory Blood Pressure Monitoring?

Ambulatory Blood Pressure Monitoring helps your doctor determine your cardiac health status. You will need to wear the monitor on your person for a 24 hour period. You will not be able to shower whilst wearing the monitor. The monitor is battery operated and light weight.

What happens during Ambulatory Blood Pressure Monitoring?

- The monitor is pre-programmed to measure and record your blood pressure according to your doctor's orders. This can be as frequent as every 30 minutes during the day, or every hour overnight.
- You may be requested to keep a diary, so that symptoms occurring while pursuing normal activities can be correlated with blood pressure readings and the taking of medications.
- At the end of the monitoring period, the blood pressure monitor is removed and the data collected is downloaded to a computer, which then enables a full report to be forwarded to your doctor.

How long does Ambulatory Blood Pressure Monitoring take?

The fitting of the blood pressure monitor takes ten to fifteen minutes and you will be required to wear the monitor for a 24 hour period. You will be therefore be required to return to have the monitor removed the following day.

How much does Ambulatory Blood Pressure Monitoring cost?

A \$50 fee is levied for the use of the monitor. As there is no Medicare rebate payable, this is an out-of-pocket expense.

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