



## DIAGNOSTIC TESTS

### ULTRASOUND, AORTA & RENAL DOPPLER

A procedure that uses sound waves rather than radiation

#### PREPARATION FOR TEST

- Required to fast 4 hours prior to testing and drink enough water to remain hydrated
- Carotid, echocardiogram and arterial duplex do not require preparation

### BLOOD PRESSURE MONITOR

A device that automatically obtains and records blood pressure at regular intervals. It inflates every 15 minutes during the day and every 30 at night at night. Note: readings are not visible to patients.

#### PREPARATION FOR TEST

- Do not bath or shower while wearing the monitor
- **OHIP DOES NOT COVER THIS TEST – THEREFORE THERE IS A FEE THAT THE PATIENT IS RESPONSIBLE FOR PRIOR TO TESTING**

### PULMONARY FUNCTION TEST

A procedure that measures the lung capacity and the amount the amount of oxygen that is being transferred from the lungs into the blood.

#### PREPARATION FOR TEST

- Avoid taking short acting pulmonary inhalers at least 8 hours prior to testing (eg. Ventolin, Atrovent)
- Avoid taking long acting pulmonary inhalers at least 48 hours prior to testing (eg. Advair, Symbicort)
- Avoid 72 hours before test: Spiriva, Seebri. Genuair, Onbrez
- Avoid smoking 1 hour prior to testing
- Do not exercise on day of appointment
- Avoid all forms of caffeine the day of testing (eg. Coffee, tea, chocolate, soda pop etc)

### ELECTROCARDIOGRAM (ECG – EKG)

A procedure that records the electrical activity of the heart and is effective in diagnosing abnormalities.

#### PREPARATION FOR TEST - None

### STRESS TEST (EXERCISE ECG)

An electrocardiogram that measures the electrical activity of the heart during exercise.

#### PREPARATION FOR TEST

- Wear comfortable clothing and rubber sole shoes

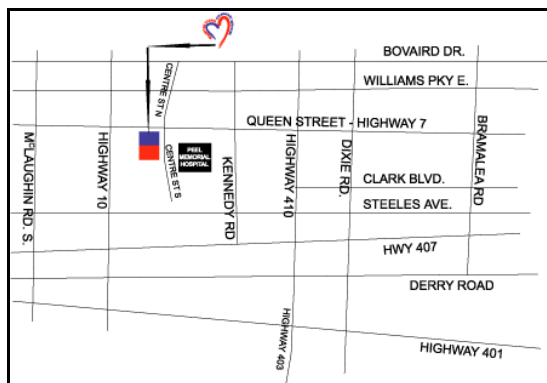
### HOLTER MONITOR

An electrocardiogram that monitors the electrical activity of the heart over a 24- 72hour period. It is particularly useful in obtaining and recording cardiac arrhythmias that would not be discovered within a few minute duration.

#### PREPARATION FOR TEST - None

#### DURING THE TEST

- Do not bath or shower
- Resume all regular activity
- Record symptoms on diary provided and return with the monitor



## IMPORTANT

1. **Bring all your medications with you.**
2. We suggest you wear comfortable clothes and shoes.
3. If there is a **language** barrier or you find it difficult to follow verbal instructions - it is best if you bring someone who can stay for the appointment and to **interpret** for the patient.
4. The facility is not responsible for loss or damage of personal items. All patients are encouraged to leave valuables at home.