



**My Heart  
Cardiology**

## Referral Request Form

- \* Healthlink EDI: myheartc
- www.myheartcardiology.com.au
- referral@myheartcardiology.com.au
- Tel: (03) 9854 6444
- Fax: (03) 9854 6445

- Suite 8.3, 89 Bridge Rd, Richmond VIC 3121
- 147 Moreland Road, Coburg VIC 3058
- 38-40 Gap Rd, Sunbury VIC 3429
- 5 Neal Street, Gisborne VIC 3437
- 182 Station Rd, New Gisborne VIC 3438
- 89 Piper St, Kyneton VIC 3444

### Patient's details

Name:	Date of Birth:	Medicare Number:
Phone/Mobile:	Address:	

### Clinical Consultation

<p><b>Clinical Consultation</b></p> <p>Clinical History:</p>	<p><b>Risk Factors:</b></p> <ul style="list-style-type: none"> <li>Diabetes Mellitus</li> <li>Hypertension</li> <li>Dyslipidaemia</li> <li>Family history of CVD</li> <li>Obesity</li> </ul>					
<table style="width: 100%; border: none;"> <tr> <td style="border: 1px solid black; padding: 2px;">Dr Nigel Sutherland</td> <td style="border: 1px solid black; padding: 2px;">Dr Omar Al-Mukhtar</td> <td style="border: 1px solid black; padding: 2px;">Dr Samer Noaman</td> <td style="border: 1px solid black; padding: 2px;">Dr Ahmed Al-Kaisey</td> <td style="border: 1px solid black; padding: 2px;">Next available cardiologist</td> </tr> </table>	Dr Nigel Sutherland	Dr Omar Al-Mukhtar	Dr Samer Noaman	Dr Ahmed Al-Kaisey	Next available cardiologist	
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### Diagnostic Studies

<p><b>Transthoracic Echocardiogram (TTE) (once every two years)</b></p> <table style="width: 100%; border: none;"> <tr> <td style="width: 50%;">Symptoms or signs of cardiac failure</td> <td style="width: 50%;">Heart tumour</td> </tr> <tr> <td>Ventricular hypertrophy or dysfunction</td> <td>Congenital heart disease</td> </tr> <tr> <td>Valvular, aortic, pericardial, thrombotic or embolic disease</td> <td>Sudden death of an immediate relative</td> </tr> <tr> <td>Before starting drugs which require cardiac monitoring</td> <td>Pulmonary hypertension</td> </tr> <tr> <td></td> <td>Employment medical - No MBS Rebate</td> </tr> </table>		Symptoms or signs of cardiac failure	Heart tumour	Ventricular hypertrophy or dysfunction	Congenital heart disease	Valvular, aortic, pericardial, thrombotic or embolic disease	Sudden death of an immediate relative	Before starting drugs which require cardiac monitoring	Pulmonary hypertension		Employment medical - No MBS Rebate
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<p><b>12 Lead ECG (trace and report)</b></p>											
<p><b>Heart Rhythm Monitor (please choose duration)</b></p> <table style="width: 100%; border: none;"> <tr> <td style="width: 33%;">1 Day</td> <td style="width: 33%;">7 Days</td> <td style="width: 33%;">Up to 28 Days</td> </tr> <tr> <td>Indications: Palpitations</td> <td>Syncope</td> <td>Arrhythmia</td> </tr> </table>		1 Day	7 Days	Up to 28 Days	Indications: Palpitations	Syncope	Arrhythmia				
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<p><b>24-hour Ambulatory Blood Pressure Monitor (once every 12 months)</b></p>											

### Referring Practitioner Details

Name:	Phone:
Provider Number:	Fax:
Address:	Signature: .....
Email:	



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## Instructions for Patients

### Exercise Stress Echocardiogram & Stress ECG

- A stress echo test measures the performance of your heart under stress. It provides valuable information about blood flow to the heart muscle, heart valve function, and overall cardiac health. During the test, images of your heart are taken before and after exercise on a treadmill (this is for stress echo only).
- The test takes about 20-30 minutes.
- Please wear comfortable exercise clothing and shoes for the test.
- If you take any of the following medications, then you need to stop them for 24-48 hours prior to the test:

**NOTE: Consult your doctor before discontinuing any medications.**

- Atenolol (Noten)
- Metoprolol (Minax)
- Bisoprolol (Bicor)
- Nebivolol (Nebilet)
- Propranolol (Inderal)
- Carvedilol (Dilatrend)
- Labetalol
- Sotalol
- Diltiazem (Cardizem) or Verapamil (Isoptin)

### Transthoracic Echocardiogram

- Echocardiography is a painless procedure that uses ultrasound technology to produce real-time images of the heart. It allows us to assess the heart's size, shape, and how well it pumps blood.
- The test is typically performed by a specially trained technician and takes about 30-40 minutes.

### 12 Lead ECG

- This simple test records the electrical signals generated by the heartbeat. These signals are captured by electrodes (small adhesive patches placed on the skin of the chest, arms, and legs).
- This test takes 5 minutes.

### Heart Rhythm Monitors

#### - Holter Monitors

- A Holter monitor is a small, wearable device that records your heart's electrical activity for 24 to 48 hours (or longer). It helps us detect irregular heart rhythms that may not appear during a standard ECG in the clinic. While wearing the monitor, you can continue your normal daily activities, but it's essential to note any symptoms such as dizziness, palpitations, or chest discomfort in the provided diary. This information helps us correlate your symptoms with any changes in your heart rhythm.

#### - HeartBug Monitors

- The HeartBug is a compact, user-friendly device designed to monitor your heart rhythm for extended periods – up to several weeks. It's particularly useful for detecting infrequent arrhythmias.
- The HeartBug is simple to apply and comfortable to wear. With this advanced technology, we can gather detailed insights into your heart's activity, ensuring an accurate diagnosis and personalized care plan.

## My Heart Cardiology Locations



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