



My Heart Cardiology

Referral Request Form

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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

Patient's details

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

Clinical Consultation

Clinical Consultation Clinical History:	Risk Factors: Diabetes Mellitus Hypertension Dyslipidaemia Family history of CVD Obesity			
Dr Nigel Sutherland	Dr Omar Al-Mukhtar	Dr Samer Noaman	Dr Ahmed Al-Kaisey	Next available cardiologist

Diagnostic Studies

Transthoracic Echocardiogram (TTE) (once every two years)	
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
Exercise Stress Echocardiogram (once every two years)	
Chest pain or angina	Assessment of coronary lesions on angiography
Exertional dyspnoea	Pre-operative assessment prior to major non-cardiac surgery
Suspected silent myocardial ischaemia	Pre-operative assessment prior to cardiac surgery/intervention
Known coronary disease & evolving symptoms	Employment medical - No MBS Rebate
ECG suggestive of coronary disease	
Cardiac Device Checks	
Pacemaker	Defibrillator
Device's company make if known:	
12 Lead ECG (trace and report)	
Heart Rhythm Monitor (please choose duration)	
1 Day	7 Days
Up to 28 Days	
Indications:	Palpitations
	Syncope
	Arrhythmia
24-hour Ambulatory Blood Pressure Monitor (once every 12 months)	

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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