

## PATIENT INSTRUCTION FOR CARDIORESPIRATORY SERVICES

**Pulmonary Function Testing** is a breathing test that measures your lung function. Your physician may also request that the test to be done following inhalation of a medication called Ventolin.

Length of Appointment: 20 to 40 minutes

- Bring a current list of Medications. We may not be able to proceed with your test without it.
- You may eat before the test, but avoid heavy meals.
- Do not smoke the day of the test.
- No alcohol or caffeine for 4 hours before the test.
- Please do not take your inhalers 6 hours before test.

**Spirometry** is a common diagnostic test used to assess how well your lungs work by measuring how much air you inhale, how much you exhale and how quickly you exhale. Inhalation of a medication called Ventolin may be requested by your physician.

Length of Appointment: 15 to 30 minutes

- Instructions same as above except: Do not smoke 1 hour before the test.

**Cardiac Stress Test** will test your heart while doing exercise. You will be walking on a treadmill.

Length of Appointment: 20 minutes

- Bring a current list of Medications. We may not be able to proceed with your test without it.
- You may eat before the test, but avoid heavy meals.
- Do not smoke the day of the test.
- No alcohol or caffeine for 4 hours before the test.
- Wear suitable clothes and footwear for exercise.
- Do not apply any body lotion or oil to your chest area the day of your test.
- Please do not take any beta blockers 3 days before the test

**Holter Monitor** is a heart monitor that will be worn continuously for 24 - 48 hours. You will not be able to shower during this time. You will be asked to keep a diary of any symptoms.

Length of Appointment: 30 minutes

- Please wear loose comfortable clothing so that the monitor can be worn easily under your clothes.
- Do not apply any body lotion or oil to your chest area the day of your test.
- You will be required to return the unit around the same time 24-48 hours later.

**7-14 day Holter Monitor** is a heart monitor that will be worn continuously for 7-14 days. You will be able to shower within this time with the monitor off. Stickers are suggested to be changed every 2 days. If a 14 day is ordered you will need to return after 7 days to download the monitor and to change the battery.

Length of Appointment: 30 minutes

- Please wear loose comfortable clothing so that the monitor can be worn easily under your clothes.
- Do not apply any body lotion or oil to your chest area the day of your test.

**Ambulatory Blood Pressure Monitor** will be worn continuously for 24 hours. This test is NOT covered by OHIP, so it is necessary to be prepared to pay for this test.

- Please wear loose clothing and a short-sleeved shirt, if possible, so that the blood pressure cuff and monitor can be worn easily.

**Electrocardiogram (ECG/EKG)** is a simple, painless test that records the heart's electrical activity.

- Do not apply any body lotion or oil to your chest or ankle area the day of your test.

**Arterial Blood Gas (ABG)** is a blood test taken from the artery in your wrist. This is a special blood test that is not done in the lab but by a trained respiratory therapist. You will be told where to go when you register.

- Please let the Respiratory Therapist know if you are currently on any blood thinners.