



CARDIAC DIAGNOSTIC

PATIENT PREPARATION INSTRUCTIONS

Cardiac Diagnostic Procedures	Patient Preparation	Approximate Length of Procedure
Electrocardiogram (ECG)	Do not apply any creams or lotions to your arms, lower legs or chest area the day of your test. Ten leads will be put on your chest. Men with chest hair may need to be shaved in small areas.	10 Minutes
Paediatric ECG	Do not apply creams or lotions to child's arms, lower legs or chest the day of the test.	10 Minutes
Holter Monitor 24 or 48 Hours	Bring a written list of all your current medications. Do not apply creams or lotions to your chest area the day of the test. Five leads will be applied to your chest. Men with chest hair may have to be shaved in small areas. The technologist will arrange a return time with you. Holter Monitor is due back at the Hospital the day it is removed. Please drop off at the D Wing Main Entrance or in the Imaging Department.	15 Minutes to apply monitor, which is worn for 24 hours
Stress Test	Wear or bring comfortable shoes for walking – no high heels or heavy boots. Avoid exhausting activity the day of your test. Do not apply creams or lotions to your chest area the day of your test. Men with chest hair may need to be shaved in small areas.	40 Minutes