

Patients are discouraged from bringing their children to the hospital when the child is not the patient.
Please visit www.msh.on.ca

CARDIO-RESPIRATORY & ELECTRO-DIAGNOSTIC

*** We ask that you please keep the area a PERFUME FREE ENVIRONMENT ***

Echocardiogram (Ultrasound of the heart) Allow 45 minutes. No Preparation needed. Wear two-piece outfit.

Cardiac Stress Test Takes 30 minutes. No coffee / tea day of test, eat two hours prior to test.
Wear exercise clothing (shorts, pants, rubber soled shoes and short sleeved t-shirt). Stop Beta Blockers only on your Doctor's orders. Bring medications. No lotions / creams on chest.

Holter Monitor / Ambulatory Blood Pressure Monitor Takes 30 minutes. Wear a comfortable two-piece loose outfit and a belt. Bring medications. No lotions / creams on chest.

Cardiolite Test Takes approximately four hours **MUST BRING** comfortable pants or shorts, loose fitting short-sleeved shirt, rubber-soled closed toe shoes. Bring medications.
-No Beta Blocker medicine for 48 hours (unless your Doctor tells you not to stop them) check with pharmacy which medicines are Beta Blockers.
-No decaf or caffeine drinks, no green tea, no chocolate, no pop for 24 hours before test date.
-No Tylenol or other medicines or supplements containing caffeine for 24 hours before test date.
-No eating for three to four hours before test (diabetics may have juice).

Cardio-pulmonary Exercise Test Takes one hour. No alcohol 24 hours prior to test.
No caffeine or nicotine day of test. Do not exercise day of test. Have only a light meal on day of test. Wear comfortable clothing and rubber-soled shoes. Bring all medications to your appointment.

Pulmonary Function Test Takes 30 minutes. No asthma inhalers 12 hours prior to the test, except **Salbutamol (Ventolin) which may be taken up to four hours prior to test**

Methacholine Challenge Takes one hour. Ensure detailed instructions are given to you by your Respiratory Therapist during your pulmonary function test. No asthma inhalers 12 hours prior to test.
No antihistamines four days prior to test. Salbutamol (Ventolin) may be taken up to eight hours prior to test.

Exercise Induced Asthma (Refer to Pulmonary Function Test and Cardiac Stress Test.)
Takes one hour and a half (not for children under age nine).

EEG (Adult & Paediatric) Wash hair day of test. No gels or hairsprays.
No caffeine products (coffee, tea, chocolate).

EEG Sleep Deprived (Adult) Remain awake the entire night, wash hair day of test.
No gels or hairsprays. No caffeine products (coffee, tea, chocolate).

EEG Sleep Deprived (Paediatric) Four to eight years old. (Remain awake from 0400 hrs).
Nine - 12 yrs old. (Remain awake from 0200 hrs).
13 - 17 yrs old. (Remain awake the entire night).
Wash hair day of test. No gels or hairsprays. No caffeine products (coffee, tea, chocolate).

EEG Infants Keep child awake until time of the appointment.
Bring something comforting for the child (i.e. blanket, soother, bottle.)

YOU MUST ARRIVE 15 MINUTES BEFORE YOUR APPOINTMENT AND BRING THIS REQUISITION