CORCARE
SPECIALISTS IN CARDIAC CARE
A WELL Health Company

# Referral

Cardiac Care
Cardiac Imaging
Nuclear Medicine

**Phone:** 416-284-4744
**Fax:** 416-284-0141
**Email:** info_corcare@welldiagnostics.ca
**Test Preparation:** www.corcare.net/test-prep

**Our Vision** is to provide the highest quality cardiac care services by ensuring rapid access to advanced diagnostic testing and consultation

## Patient Information

Name: _____ DOB: _____

Address: _____ City: _____ Postal Code: _____

Health Card / Version Code: _____ Phone: _____ Cell: _____ Email: _____

Reason for Referral: _____

Medication: _____ Height: ___ in. Weight ___ lbs. Smoker ☐

## Referring Healthcare Provider

Referring Provider Name: _____ Billing #: _____

E-Mail: _____ Fax: _____ Preferred Report Delivery: ☐ E-Mail ☐ Fax

Copies of reports to: _____

Referring Provider Signature: _____

## Specialist Services

- ☐ Cardiology Consult
  - ☐ First available
  - ☐ Within one week
  - ☐ Saturday
  - ☐ Dr. _____
- ☐ Cardiology Follow-up
- ☐ Consult if Test Result is Positive/Abnormal
- ☐ Neurology Consult
- ☐ Neurology Follow-up
- ☐ Nerve Conduction Study
  - ☐ Dr. Chern Lim

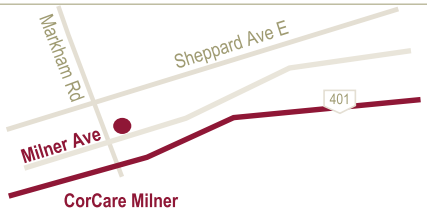
## Cardiac Testing

- ☐ Electrocardiogram (ECG)
- ☐ Echocardiogram ☐ Strain ☐ +Contrast
- ☐ Holter ☐ 24h ☐ 48h ☐ 72h
  - ☐ Other: _____
- ☐ Exercise Stress Test
- ☐ Stress Echocardiogram
  - ☐ Exercise
  - ☐ Dobutamine
- ☐ 24-hour Ambulatory BP
- ☐ Myocardial Perfusion Imaging (MPI)
  - ☐ Exercise
  - ☐ Persantine
- ☐ MUGA (RNA)
- ☐ Cardiac Amyloid Scan

## General Nuclear Medicine

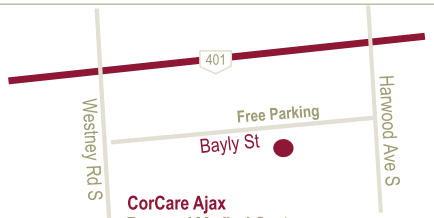
- ☐ Bone Scan
- ☐ Thyroid Scan
- ☐ Parathyroid Scan
- ☐ Renal Scan
- ☐ Gastric Emptying Scan (Solid)

## Locations




**CorCare Milner**
325 Milner Avenue, Suite 410
Scarborough, ON M1B 5N1
TTC Route: Milner Bus Route 132 and 134b

**CorCare Pickering**
**Brookdale Centre**
1105 Kingston Road, Suite 200A (Bldg. E)
Pickering, ON L1V 1B5
DR Transit: Liverpool & Finch / Hwy 2




**CorCare Ajax**
**Baywood Medical Centre**
95 Bayly Street West, Suite 305
Ajax, ON L1S 7K8

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**Important Information for Patients:**

- All our services require a scheduled appointment.
- Minimum 24 hours' notice is required for all appointment changes to avoid a cancellation fee.
- To schedule your appointment, call **416-284-4744**.
- If possible, e-mail your signed requisition to **info_corcare@welldiagnostics.ca** and bring the original signed copy with your Ontario health card to your appointment.
- Ensure you are properly prepared for your appointment by reviewing our instructions at **corcare.net/test-prep**.
- We will send the report to your referring healthcare provider who will contact you to review your results. We can send it to additional healthcare providers upon your request.

This requisition form can be submitted to any licensed Ontario imaging facility, including hospitals and Integrated Community Health Services Centres.

## SPECIALIST CONSULTATIONS

Bring a list of all your current medications.

## CARDIAC TESTING

**ECHOCARDIOGRAPHY:** A cool sensation may be felt on the skin from the gel on the transducer, and a slight pressure of the transducer may be felt on your chest.

**EXERCISE STRESS TEST:** Discontinue erectile dysfunction medication for 1 week before your test. Bring a list of all your current medications. Wear soft sole shoes and comfortable clothing. Total test time: Approximately 30 minutes

**HOLTER MONITORING:** Please do not put any cream/lotion on your chest. Wear loose, comfortable clothing. Bring a list of all your current medications.
Please note: a shower/bath is not permitted during the recording period.

**BLOOD PRESSURE MONITORING:** Please wear a shirt/blouse with short or loose-fitting sleeves. Bring a list of all your current medications.

## NUCLEAR STRESS TEST

- **DO NOT** take **all caffeine products 24 hours before the test. This includes all tea, coffee, decaffeinated tea/coffee, pop, chocolate, Tylenol 2 & 3 and/or medications containing caffeine.**
- You should be fasting **(water is allowed)** for **4 hours** before the test.
- **Insulin-dependent diabetics should take their insulin with a light meal 2 hours before the test.**
- Wear loose fitting clothing, such as t-shirt, track pants, athletic shoes, etc. if the test involves treadmill exercise.
- Bring a list of all current prescription medications and check with your physician regarding the discontinuation of any heart medications, such as Beta-Blockers like Metoprolol or Atenolol, as well as Calcium Channel Blockers like Diltiazem or Verapamil.
- **DO NOT** take erectile dysfunction medications, such as Viagra, Cialis, Levitra, etc. for 48 hours before the test.
- If you are pregnant or there is a possibility of pregnancy, or if you are breastfeeding, please consult with your physician.

**Myocardial Perfusion Imaging consists of 2 parts. These parts may be completed in one or two days.**

**Rest Study: 1-1.5 Hours**

- For this portion of the test the technologist will administer via intravenous injection a small amount of radioactive tracer, which is carried by the blood stream to your heart. There are no side effects with this injection. Approximately 30-45 minutes after your injection, the technologist will take pictures of your heart for approximately 20 minutes with a special gamma camera that detects the injection. For the imaging, you will be lying on a bed and while the pictures are being taken, it's important to remain very still during this time to avoid blurring the images.

**Stress Study: 2-2.5 Hours**

- For this portion of the test, ECG electrodes will be place on your chest to monitor your heart rhythm throughout the test. An intravenous line will also be placed in the arm or hand. You will begin to exercise on a treadmill, during which time your heart rate and blood pressure will rise. These are normal responses that are being closely monitored with your ECG.
- If you are unable to exercise adequately on a treadmill, similar results can be achieved using a drug called **Persantine**. Persantine mimics the effects of exercise by dilating the blood vessels of the heart, allowing for increased blood flow.
- Once you have reached your maximum level of exercise, the technologist will administer a small amount of radioactive tracer, and you will continue exercising for an additional 1-2 minutes. If blood flow to the heart is limited due to coronary artery disease, then the amount of tracer in your heart is reduced.
- It is very important that a set of pictures is taken after the stress test to compare to the resting images and assess the amount of blood supply to the heart at rest and during stress (exercise). Once the stress test is complete you will wait approximately 20-45 minutes afterwards before the imaging can begin. The wait time may vary based on individual characteristics to best optimize image quality, the technologist will advise how long you will be waiting before images.

**AFTER THE TEST:** You will be able to return to your normal activities when the test is complete, unless your physician or technologist tells you otherwise. You can drive after the test.
If you are travelling by plane, train or crossing the border within one week after your test, please inform the technologist.

## GENERAL NUCLEAR MEDICINE

**BONE SCAN:** No restrictions. Test time: 1st visit – 15 minutes, return in 2.5 hours, 2nd visit – 1 hour

**GASTRIC EMPTYING:** Nothing by mouth overnight; Off opiates, prokinetics and antispasmodics for 48 hours (only if instructed by doctor). Test time: 4 hours

**MUGA SCAN:** No caffeine for 4 hours. Test time: 45 minutes

**PARATHYROID SCAN:** No restrictions. Test time: 1st visit – 1 hour, return in 3 hours, 2nd visit – 1 hour

**RENAL SCAN:** Well hydrated (You may empty bladder); Bring list of current medications. Test time: 1 hour

**RENAL SCAN WITH LASIX:** Well hydrated (You may empty bladder); Bring list of current medications. Test time: 1.5 hour

**RENAL SCAN WITH CAPTOPRIL:** Well hydrated (You may empty bladder); Off ACEIs & ARBs for 72 hours (only if instructed by doctor); Nothing by mouth for 4 hours;
Bring list of current medications. Test time: 2 hours

**THYROID UPTAKE & SCAN:** Off thyroid replacement medications for 4 weeks; Off anti-thyroid medications for 4 days (only if instructed by doctor); Nothing by mouth for 2 hours on Day 2. Test time: Day 1 – 10 minutes, Day 2 – 1 hour