

Your doctor has referred you to the Windsor Heart Institute.  
You will receive a call with your appointment date and time.

Date \_\_\_\_\_ Time \_\_\_\_\_

**Reminder:** Please bring a complete list of medications with you at time of testing/consult.

## DIAGNOSTIC TEST PREPARATION

For more detailed information about your exam please visit our website at [windsorheart.org](http://windsorheart.org)

### LOCATIONS

#### Windsor

2464 Howard Ave, Suite 201  
Windsor, ON N8X 3V6

Major cross roads: Howard Ave / Ypres Ave

Phone: 519-977-6643

Fax: 519-915-6326

#### Essex

186 Talbot St South, Suite A  
Essex, ON N8M 1B6

Major cross roads: Talbot St South / Fairview Ave

Phone: 519-977-6643

Fax: 519-915-6326

#### LaSalle

LaSalle Community Healthcare Centre  
2125 Front Rd  
LaSalle, ON N9J 2C1

Major cross roads: Front Rd / International Ave

Phone: 519-977-6643

Fax: 519-915-6326

#### Leamington

Central Erie Shores Walk-in Clinic  
33 Princess St  
Leamington, ON N8H 5C5

Major cross roads: Erie St South / Mill St East

Phone: 519-977-6643

Fax: 519-915-6326

#### Lakeshore

Lakeshore Med Arts  
1303 County Rd 22, Suite 120B  
Belle River, ON NOR 1A0

Major cross roads: County Rd 22 / Renaud Line

Phone: 519-977-6643

Fax: 519-915-6326

#### Kingsville (COMING 2024)

200 Main St East  
Kingsville, ON N9Y 1A6

Major cross roads: Main St East / Wigle Ave

Phone: 519-977-6643

Fax: 519-915-6326

#### ECHOCARDIOGRAM (ECHO)

**Time:** approximately 45 - 60 minutes.

**PREP:**

- Do not rub any creams or lotion on your chest prior to appointment.

#### EXERCISE STRESS ECHO

**Time:** approximately 1 - 2 hours.

**PREP:**

- Light meal 3 hours prior to exercise stress test
- No caffeine for 4 hours prior
- Wear light comfortable clothing and running shoes

#### HOLTER MONITOR/ELECTROCARDIOGRAM (EKG)

**Time:** approximately 15 minutes

**PREP:**

- Do not rub any creams or lotion on your chest prior to appointment.

#### BLOOD PRESSURE MONITOR

**Time:** approximately 15 minutes.

**PREP:**

- You will not be able to shower while wearing this monitor.
- Wear comfortable clothing.

**Fee:** \$35 charge

(Some insurance companies will reimburse a portion, or all of the charge, as it is not covered by OHIP.)

#### MYOCARDIAL PERFUSION/DOBUTAMINE STRESS

**PREP:**

- No caffeine (coffee, tea, chocolate, cola, Tylenol 3) for 24 hours prior to the test.
- Fast for 2 hours prior to the test unless you are diabetic.
- Wear loose, comfortable clothing and running shoes if scheduled for exercise stress test.
- Bring a list of current medications.
- Instructions for holding medications prior to the test will be given at time of booking.

#### CARDIAC CONSULT

**Time:** approximately 15-30 minutes

- Wait times depend on number of Cardiologists in clinic and urgent patient assessments.