

INSTRUCTIONS:

- Cardiology Consultation – 30 mins
Do bring along your previous tests reports (if any)
- ECG – 10 mins
No preparations required.
- Exercise Treadmill Test – 30 mins
STOP any beta-blocker medication 3 days prior to test.
We have running attire in the clinic. Do bring your own (if preferred). Please note that there is no shower facilities.
- Exercise Stress Echocardiography – 60 mins
STOP any beta-blocker medication 3 days prior to test.
We have running attire in the clinic. Do bring your own (if preferred). Please note that there is no shower facilities.
- Cardiopulmonary Exercise Test – 90 mins
STOP any beta-blocker medication 3 days prior to test.
Do NOT smoke 24 hours before the test. Do NOT eat heavily or drink coffee, tea or caffeinated drinks 24 hours before the test. Please note that there is no shower facilities.
- Dobutamine Stress Echocardiogram – 90 mins
STOP any beta-blocker medication 3 days prior to test.
Kindly fast for 2 hours prior to test.
- Tilt Table Test – 90 mins
STOP any beta-blocker / theophylline / persantine medication 24 hours prior to test. Kindly fast for 2 hours prior to test. Do NOT eat heavily or drink coffee, tea or caffeinated drinks 24 hours before the test.
- 2D Echocardiography/Carotid Intima Media Thickness – 30 mins
No preparations required.
- 3D Echocardiography – 60 mins
No preparations required.
- 24Hr Holter Monitoring/24 Hr Ambulatory Blood Pressure Monitoring – 20 mins
- Please wear loose fitting clothing as the devices will go under your clothes.

