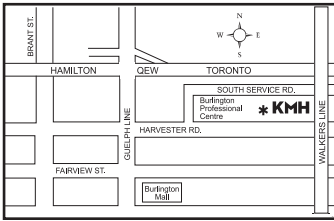
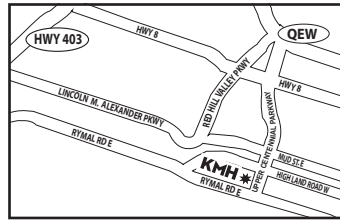




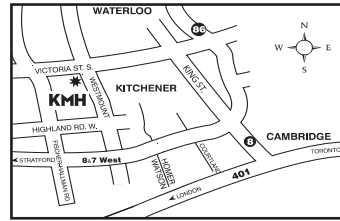
# Maps Not to Scale



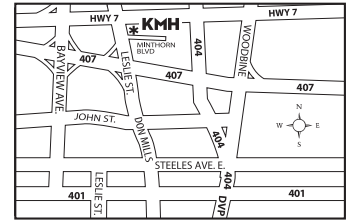
**Burlington**



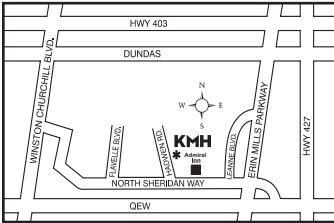
**Hamilton**



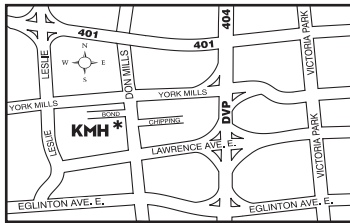
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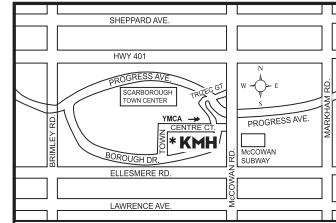
**Markham**



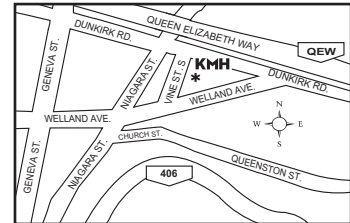
**Mississauga**



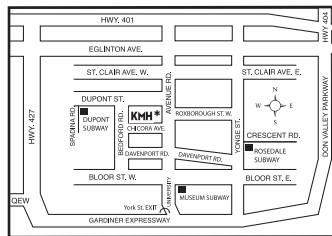
**North York**



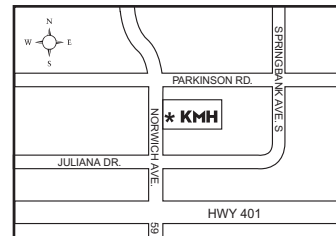
**Scarborough**



**St. Catharines**



**Toronto**



**Woodstock**

## CARDIOSTAT (CONTINUOUS ECG MONITOR)

1. **CardioSTAT is a single-use, long term continuous ECG monitor** that is 9mm thick and about the size of a large bandage (142mm by 40mm) with no wires.
2. **CardioSTAT is showerproof.** Patients can maintain their daily hygiene routine without interrupting the recording.
3. **No return appointment necessary.** Once the recording period is completed, the patient simply returns the monitor using a pre-stamped envelope.

## NUCLEAR CARDIOLOGY PATIENT INSTRUCTIONS

1. A light breakfast/lunch and then nothing to eat or drink (except sips of water for medications) for 3 hours prior to the study. No caffeine for 12 hours prior to the study (no tea, coffee, decaffeinated products, herbal teas, chocolate products, soda pop or medications containing caffeine [Tylenol 1/2/3, Lenoltec 1/2/3]).
2. Bring comfortable shoes. t-shirt and pants or shorts for exercise tests.
3. Bring all current prescription medications, and **check with your physician** regarding the discontinuation of any heart or erectile dysfunction medications.
4. The SPECT Cardiolite protocol consists of 2 parts. The first portion lasts approximately 2-3 hours and consists of imaging followed by a stress test. The patient will then wait 45-60 minutes before additional imaging, which takes about 30 minutes.
5. Please bring a snack to eat once the test is completed.

## HYPERTENSION CANADA'S GUIDELINES FOR AMBULATORY BLOOD PRESSURE MONITOR, INDICATED FOR:

1. Diagnosis of hypertension.
2. Elevated BP in office despite: antihypertensive medications, or hypotensive symptoms, or fluctuating office readings, or assessment of nocturnal dip in blood pressure.

## NUCLEAR MEDICINE PATIENT INSTRUCTIONS

1. **Biliary Scan & Esophageal Transit Study:** Nothing to eat or drink for at least 4 hours prior to study. The biliary study will take approximately 2 hours and 30 minutes. The esophageal transit study will take approximately 30 minutes.
2. **Bone scan:** The bone scan protocol consists of 2 parts. The first portion lasts approximately 30 minutes. The patient can then leave the clinic, but must return 2-4 hours later for imaging, which lasts 1-1.5 hours. Patient must drink plenty of fluids during the break for optimal imaging results.
3. **Thyroid Scan:** Check with your physician regarding medication and supplements. Bring a list of current medications to your appointment. The study will take approximately 1 hour.
4. **Thyroid Uptake:** Nothing to eat or drink for at least 4 hours prior to study. Thyroid medication or food containing iodine will affect the results. Check with your physician regarding thyroid medication and supplements. Avoid xray using iodine-based contrast for 3 weeks prior to the study. Bring a current list of medications. The study takes 2 days (each day takes 15 minutes): on Day 1, a capsule is taken orally; on Day 2, the measurement is taken.
5. **Captopril Renal Scans:** Consists of 2 days. Nothing to eat 4 hours prior to study on both days. Drink 4 glasses of water 1 hour prior to study on both days. Check with your physician regarding possible discontinuation of medication. Day 1 lasts approximately 1 hour and 15 minutes. Day 2 lasts approximately 45 minutes.
6. **Gastric Emptying Study (Solid):** Nothing to eat or drink for at least 6 hours prior to the study, preferably after midnight before an AM appointment. The gastric emptying study (solid) will take approximately 4 hours and 30 minutes.