

# Chest Pain Discharge Information



## Discharge Information After Chest Pain:

- Follow-up with your GP as soon as possible or your cardiologist as advised.
- If you experience further chest pain after you are discharged **CALL 000**.
- In some cases, you will be discharged and advised to come back for an exercise test.
- **Please ensure your contact details are correct prior to discharge.**
- Preparation and time required for the test depends on which test you have been ordered.
- **You should receive a phone call the next business day to let you know the date and time of test. If you do not receive a call, please contact them on the number provided below.**

**Nursing / Medical Staff: *Please cross out test not applicable***

## Treadmill Exercise Test:

### Wollongong Hospital:

Level 6 Cardiac Diagnostic Centre  
Phone number: 4253 4640  
Opening hours: Monday- Friday 8:00am to 4:30pm

### Shellharbour Hospital

Outpatient Department  
Phone number: 4295 2480  
Opening hours: Monday - Friday: 8:00am to 4:30pm

**Date and time for test (please record):** \_\_\_\_\_

**Time frame for test:** approximately 40 to 60 mins.

### Description:

- You will step onto a treadmill and be attached to a heart monitor.
- Every 3 minutes the treadmill becomes faster and steeper. This allows the heart to work harder.
- If you experience any chest pain or changes are seen on the monitor, the test will stop and the staff will let you know what the next steps are.
- If none of the above are experienced you will be sent home for your GP to continue investigations.

### Preparation:

- Bring comfortable clothes and well-fitting shoes.
- Bring your Medicare Card.

## Myocardial (Heart) Perfusion Scan:

### Wollongong Hospital:

Level 1 behind lifts on Crown Street Entrance  
Phone number: 4253 4100  
Opening hours: Monday – Friday 8:00am to 4:30pm

**Date and time for test (please record):** \_\_\_\_\_

**Timeframe for test:** approximately 5 to 6 hours.

### Description:

- A needle will be inserted in your arm and a medication injected. This allows pictures of the heart to be taken at rest and at work.
- The exercise part of test is done either by walking on a treadmill or by giving you a medication. This will depend on your mobility.

### Preparation:

- No caffeinated food or drinks for 24 hours before the test. For example:
  - Tea or coffee (including herbal or decaffeinated).
  - Soft or energy drinks.
  - Milo or chocolate drinks.
  - Chocolate.
- Bring comfortable clothes and well-fitting shoes.
- Have a normal breakfast and drink 2 glasses of water or juice before you leave home.
- **Patients with diabetes** - take half of your regular morning insulin with your breakfast.
- We will call you the day before to confirm the preparation and medications.

**Need an Interpreter?** Professional interpreters are available if you need help to communicate with staff. Our staff can also ask for an interpreter. The service is free and confidential. We will book the interpreter for you. You can also call the Translating and Interpreting Service on 131 450 if you need to speak to us before your appointment.

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