

**WRHN**Waterloo Regional
Health Network835 King Street West
3E, Main Hospital
Kitchener, Ontario
N2G 1G3**Cardio Respiratory &
Electrodiagnostic Services (CRES)**
(Previously Special Testing)**PHONE: 519 749-4235**
FAX: 519 749-4312**Outpatient Requisition**Please complete **ALL** sections
Incomplete requisitions will be
returned***All Requisitions MUST be faxed to CRES******It is the referring physician's responsibility to contact patients with appointment details***

Patient Name Last: _____ First: _____	Address _____ _____ _____	DOB (YYYY/MM/DD): _____ ☐ M ☐ F
Health Card #:	Patient Consented Contact Phone #	Can messages be left at this #? ☐ YES ☐ NO

FOR TESTS BELOW GO TO CRES, MAIN ENTRANCE 3rd FLOOR, WING E (map on back)

☐ Spirometry only and Bronchodilator (6+ years) ☐ Pulmonary Function and Bronchodilator (9+ years) ☐ Bronchial Challenge (must send # sheet results of PFT or Spiros done in the last 12 months with this request + list of inhalers patient is on)	☐ Holter Monitor (48 hrs assumed unless otherwise specified) ☐ 48 hour ☐ 24 hour ☐ 72 hour ☐ 7 day ☐ 14 day ☐ 21 day ☐ Stress Test with Consult ☐ Tilt Table Test ☐ Echocardiogram (ECHO) (16+ years) ☐ Sleep Deprived Electroencephalogram (SDEEG) ☐ Regular Electroencephalogram (EEG)
For Internal Respiriologist Only: ☐ Arterial Blood Gases on Room air OR _____ LPM2 ☐ Exercise Oximetry ☐ HOP (May include ABGs) ☐ Diagnostic ☐ Cardio-Pulmonary Exercise Test	

PATIENTS PLEASE:

- **Notify CRES to rebook or cancel appointments – (519) 749-4235**
- **Arrive 15 minutes early to get registered – *Test will have to be rebooked if you are late***
- **Bring your Health Card**

CLINICAL DIAGNOSIS: (This area MUST be completed, or requisition will be returned)

Referring Physician Name (please print clearly):	Billing #:
Phone Number:	Fax Number:
Family Physician:	
PHYSICIAN SIGNATURE (mandatory):	Copies to Dr:

Appointment Date & Time: _____
Comments: _____
Appointment Date & Time: _____
Comments: _____

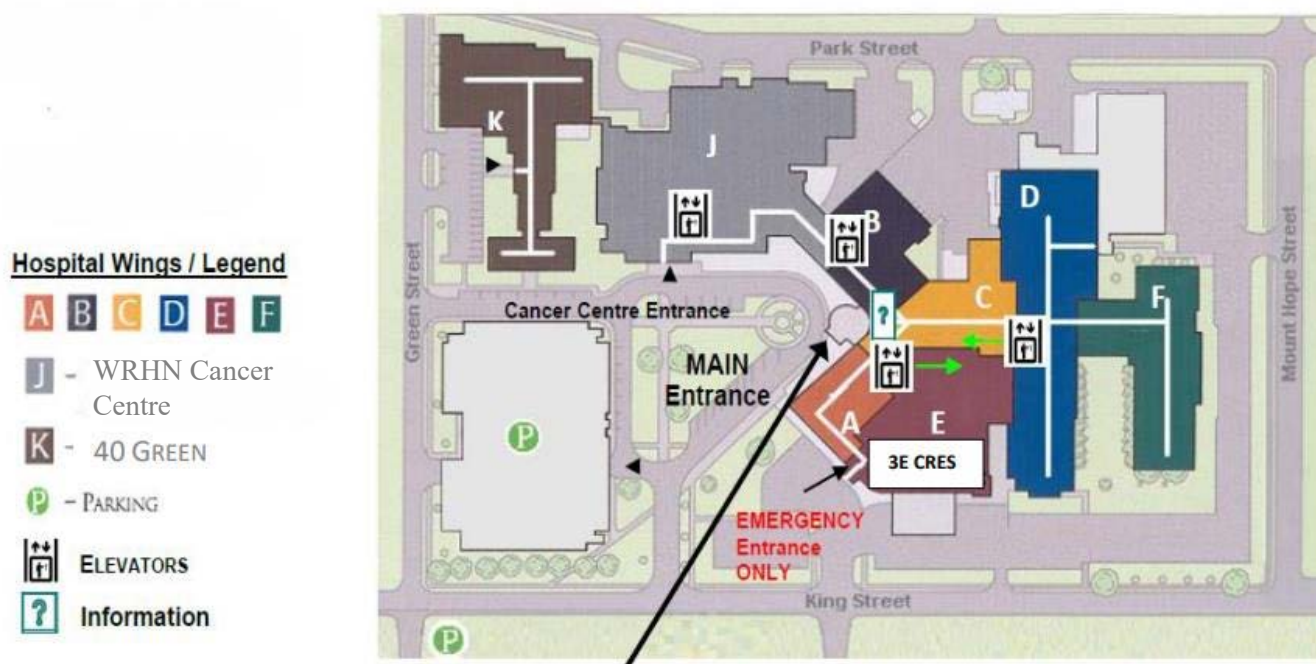
SEE BACK FOR TEST INFORMATION

PLEASE ALLOW YOURSELF EXTRA TIME TO PARK



Preparing for your tests

For the safety and comfort of our patients and staff, WRHN supports a scent reduced environment. Please avoid wearing perfume, cologne, aftershave, scented hair spray or scented creams and lotions.



Preparing for your tests Go to CRES Unit 3E – Main Entrance, WRHN @ Midtown for following tests:
ARTERIAL BLOOD GASES – Exam takes about 15 minutes; no preparation is required.
BRONCHIAL CHALLENGE – Exam takes about 45 minutes. If you have a cold the test cannot be done, contact us at 519-749-4235 to rebook. Bring all your medications or a list of all medications including dose.
CARDIO-PULMONARY EXERCISE TEST – Exam takes about 45 minutes. Wear a short sleeve top, shorts/pants, and comfortable shoes (exercising is on a bike and is part of test). DO NOT exercise the day of the test. No heavy eating/meals 2 hours before your test. NO SMOKING for at least 8 hours before your test. Bring all your medications or a list of all medications including dose.
ECHO (Echocardiogram) – Exam takes about 30 to 45 minutes. Recommend two-piece outfit (no dresses). Bring all your medications or a list of all medications including dose.
EEG - Exam takes about one hour. You must have clean, dry hair. NO grease, oil, mousse, spray, or gel. If you are scheduled for a sleep deprived EEG, the most important preparation for this test is to ensure your sleep schedule is upset by waking at midnight. For younger children who nap, schedule test for nap time.
EXERCISE OXIMETRY – Exam takes about 45 minutes. No preparation is required.
HOLTER MONITOR – Exam takes about 20 minutes. Wear loose clothing that buttons in the front. If you have a pacemaker, bring your pacemaker identification card to your appointment.
PULMONARY FUNCTION & SPIROMETRY – Exam takes about 45 minutes. Bring all your medications or a list of all medications including dose. Try to avoid Ventolin or bronchodilators four hours prior to the test.
STRESS TEST – Exam takes about 30 minutes. Wear a short sleeve top, shorts/pants, and comfortable shoes (suitable for exercising on treadmill). No heavy eating/meals or caffeine 2 hours before test. Some medications should not be taken before this test , contact your family doctor. Bring all your medications or a list of all medications including dose.
TILT TABLE TEST – Exam takes 60 to 90 minutes. Do not eat or drink after midnight.