



## Patient Information & Frequently Asked Questions

### Echocardiograms & Holter Monitoring

At **CardioDirect**, we make heart testing simple, convenient, and accessible by delivering high-quality cardiology diagnostics directly within your local medical clinic.

#### Echocardiogram (Heart Ultrasound)

An echocardiogram is a painless ultrasound test that uses sound waves to create moving images of your heart. It allows doctors to assess how well your heart is pumping and how your heart valves are functioning. The test is non-invasive, uses no radiation, and usually takes 30–45 minutes. No special preparation is required.

#### Holter Monitoring (Heart Rhythm Monitoring)

A Holter monitor is a small, lightweight wearable device that continuously records your heart rhythm over an extended period (from 24 hours up to 14 days). Most CardioDirect Holter devices are **waterproof**, allowing you to shower and continue normal daily activities with minimal disruption. Specific instructions will be provided at the time of fitting.

#### Where is the test performed?

Testing is performed at the primary care (GP) clinic you already attend. CardioDirect brings cardiology diagnostics directly into your local medical centre for added convenience.

#### How long does it take to receive results?

Most test results are available within 48 hours. Urgent studies can be reviewed on the same day, with direct cardiologist support where clinically required.

#### Why Choose CardioDirect?

- Testing performed in your local GP clinic
- Reduced waiting times
- Experienced cardiac sonographers and cardiologists
- High-quality, clinically accurate reporting
- Fast turnaround with urgent cardiologist review available

**CardioDirect** | Heart Health, Made Convenient and Affordable  
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