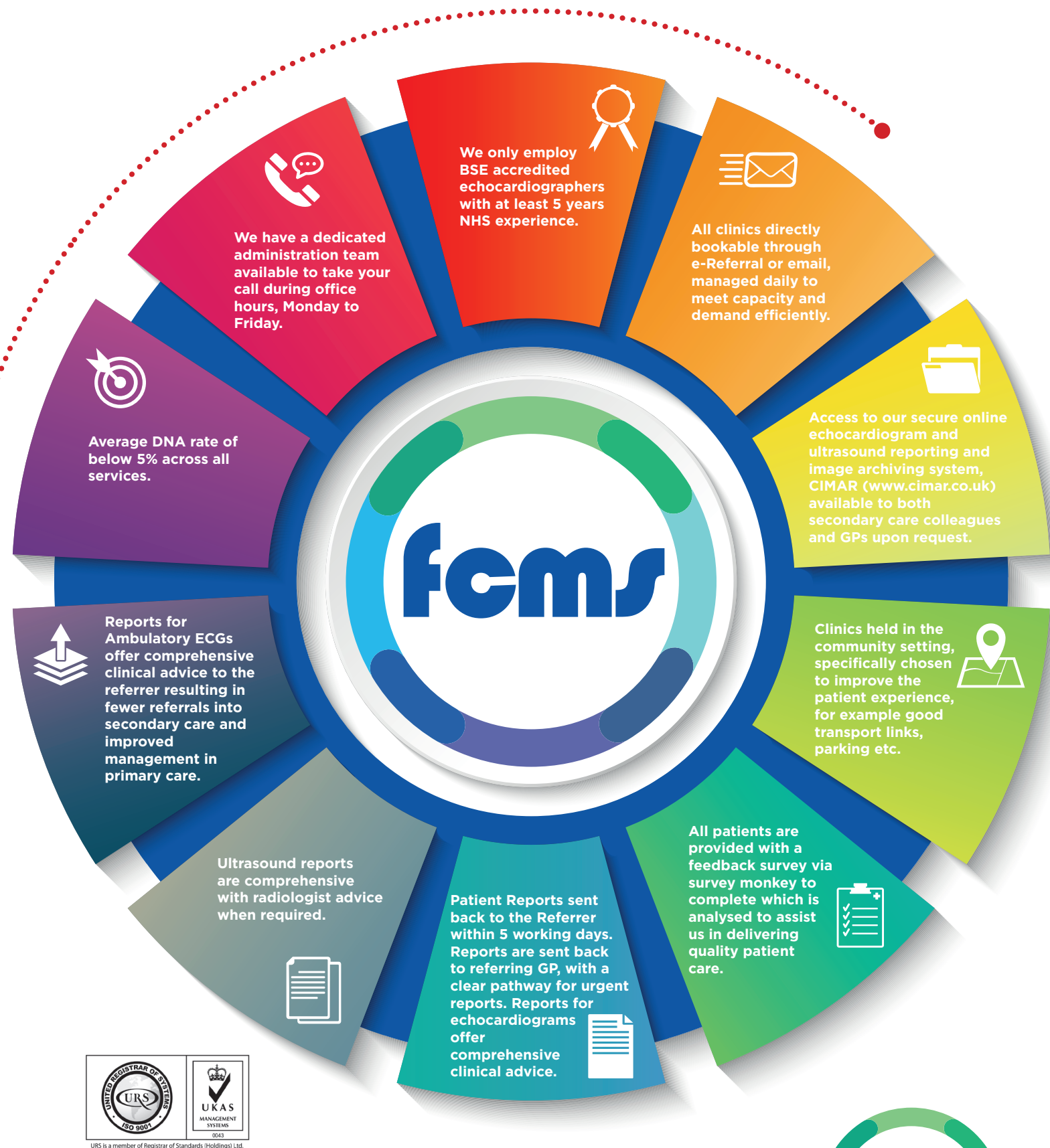


# WHY USE FCMS

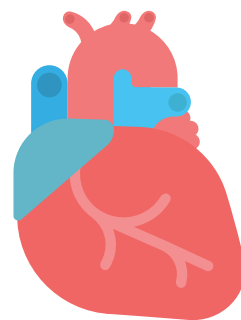


For more information or to speak to a member of our friendly team please call 0300 123 1441. Office opening times 8am-5pm Monday to Friday.



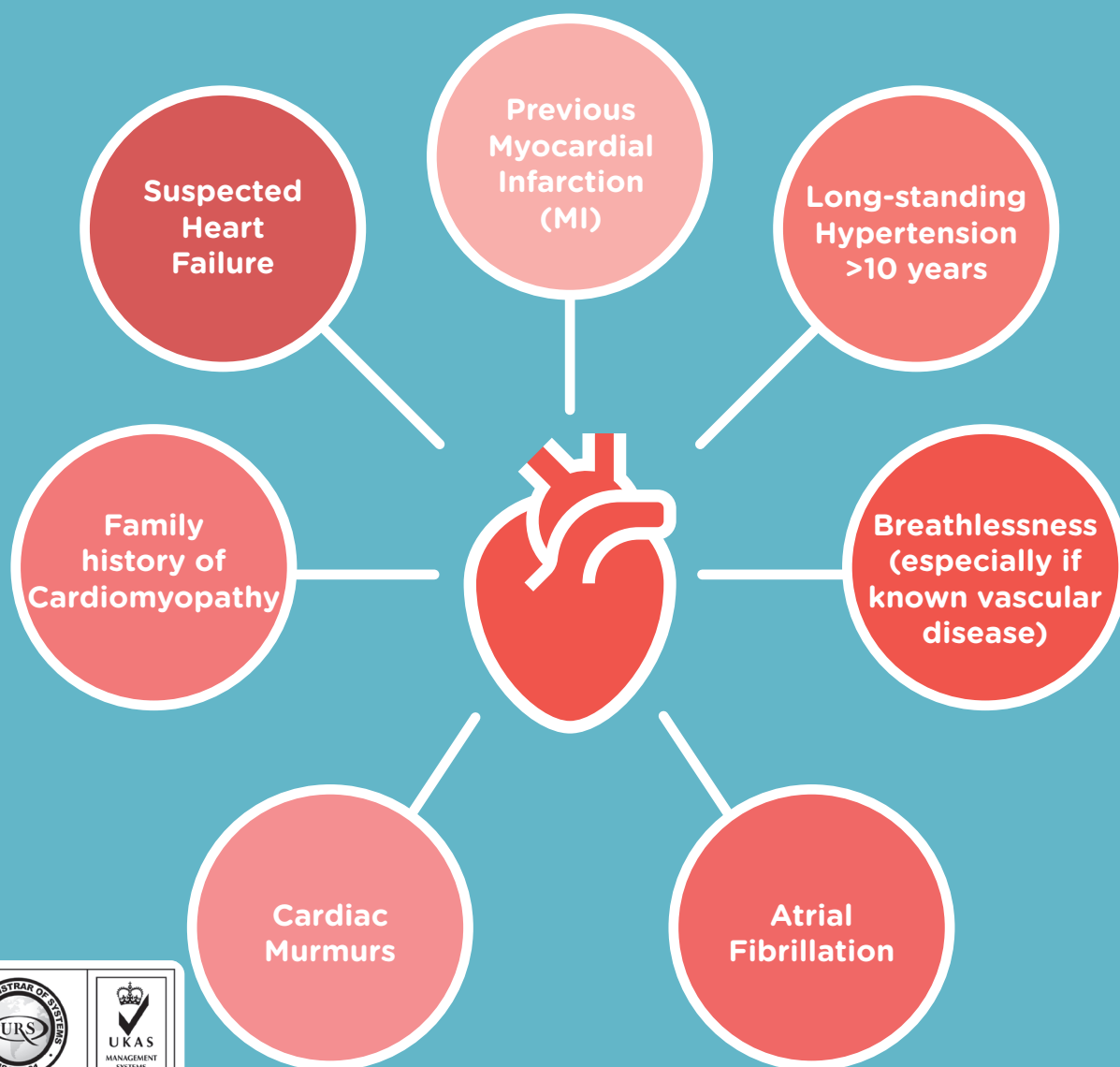
# ECHOCARDIOGRAPHY

Delivering high quality direct access echocardiography services for over 15 years! We provide over 17,000 cardiology appointments yearly, meeting the requirements of both commissioners and patients.



Awarded BSE department accreditation in 2014, FCMS (formerly known as PDS Medical) is only one of a handful of community services to be awarded this accreditation.

## WHY REFER TO FCMS



URS is a member of Registrar of Standards (Holdings) Ltd.



We offer a 7 day service currently covering the following areas: Greater Manchester, West Lancashire, Leicestershire and South Warwickshire.

# FREQUENTLY ASKED QUESTIONS FOR PATIENTS

## WHAT IS AN ECHOCARDIOGRAM?

An echocardiogram is an ultrasound scan of the heart, which is sometimes referred to as an 'ECHO'.

Ultrasound is a very high frequency sound that you cannot hear, but it can be emitted and detected by special machines.

The scan can give accurate pictures of the heart muscle, the heart chambers, and structures within the heart such as the valves.

## WHY IS AN ECHOCARDIOGRAM DONE?

An Echocardiogram is performed to check the function and the structures within the heart.

An echo can also help to identify fluid around the heart.

## WHAT HAPPENS DURING THE TEST?

You will need to undress to the waist and wear privacy gown and lie on the couch. An ultrasound probe (a bit like a very thick blunt pen) is guided around your chest and a lubricating jelly is applied to the area to ensure the probe makes good contact with the skin.

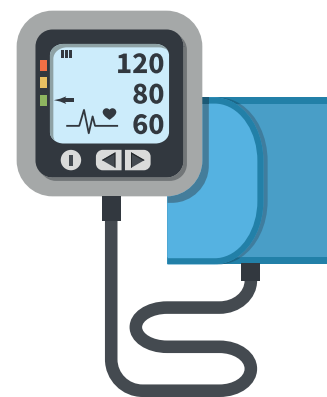
Pulses of ultrasound are sent from the probe through the skin towards your heart. The ultrasound waves then echo ('bounce back') from the heart and various structures in the heart. They are displayed as a picture on the monitor. The picture is constantly updated so the scan can show movement as well as structure, for example, the valves of a heart opening and closing.

The operator moves the probe over the skin surface to get views from different angles. Some abnormalities can be seen quite clearly, for example abnormal heart valves, thickened heart muscle, some congenital heart defects, etc. The test is painless and takes about 20 minutes. You may have to turn on your side during the test so the operator can scan the heart from different angles. You do not need any special preparation before the test. You can eat and drink normally before and after the test and can continue to take your usual medication



For more information or to speak to a member of our friendly team please call 0300 123 1441

# AMBULATORY ECG, 12 LEAD ECG AND BLOOD PRESSURE MONITORING



FCMS (formerly known as PDS Medical) have been delivering high quality community direct access ECG and BP services for more than 10 years. Providing over 17,000 cardiology appointments per year, the service continues to evolve to meet the requirements of both the commissioners and patients.

## WHY REFER TO FCMS

### AMBULATORY ECG SCREENING

PALPITATIONS DAILY.....

PALPITATIONS 3/4  
TIMES A WEEK.....

PRE-SYNCOPE.....

DIZZINESS.....

### 12 LEAD ECG

INTERMITTENT  
CHEST PAIN.....

SHORTNESS OF BREATH.....

### BP MONITOR

HYPERTENSION  
OR HYPOTENSION.....

LIGHT  
HEADEDNESS.....

ANKLE  
SWELLING.....



We offer a 5 day service currently covering the following areas: Blackpool, West Lancashire including Ormskirk & Skelmersdale. We welcome all enquiries and are available to develop across all areas of the UK

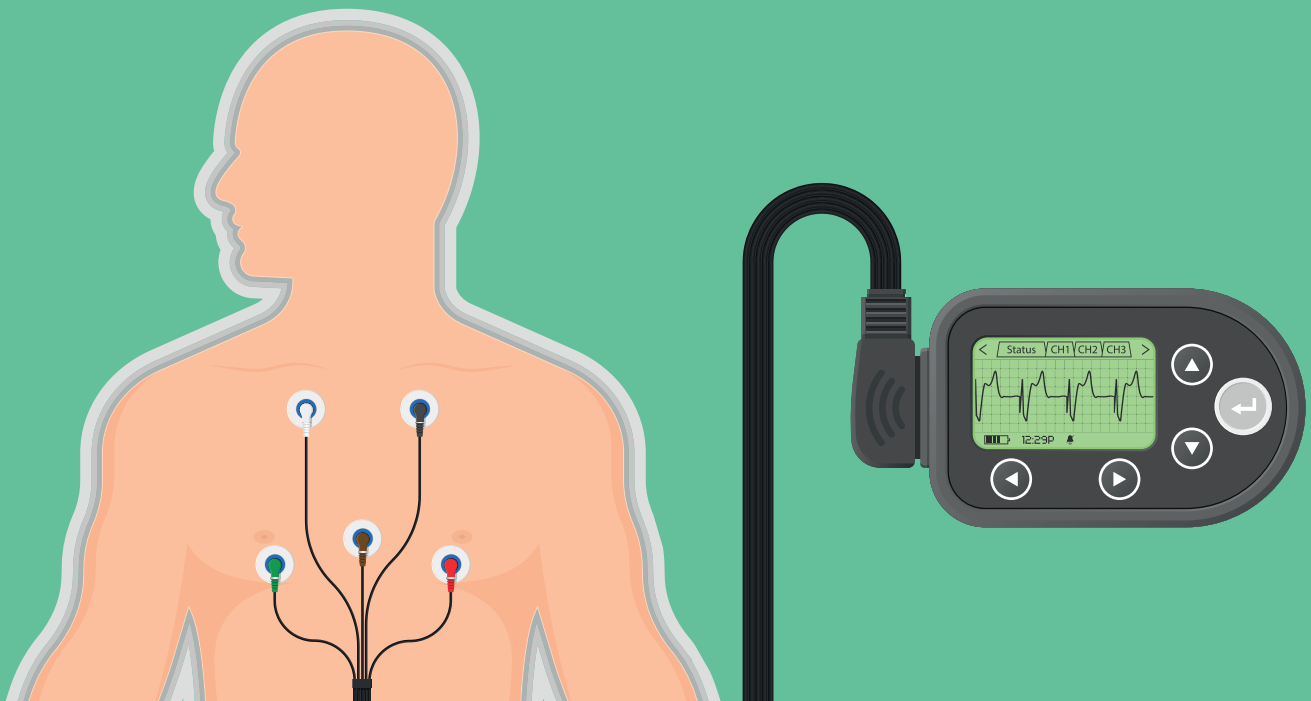
# FREQUENTLY ASKED QUESTIONS FOR PATIENTS

## What is an Ambulatory ECG?

This test records the electrical activity of the heart when you are walking about (ambulatory) and whilst carrying out your normal activities.

## What happens during the test?

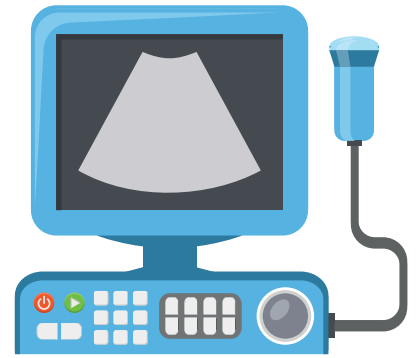
- Five electrodes are attached to your chest
- The wires from the electrodes are connected to a small lightweight recorder
- The recorder is attached to a belt which you wear round your waist and records for 24-72 hours, depending on what the GP has requested
- There are some variations in the equipment that may be used
- When the device is returned the readings will be viewed and a report will be sent to your GP. Consultant cardiologist opinion/advice is given on abnormal readings
- You may be given an event monitor which you will keep for up to two weeks



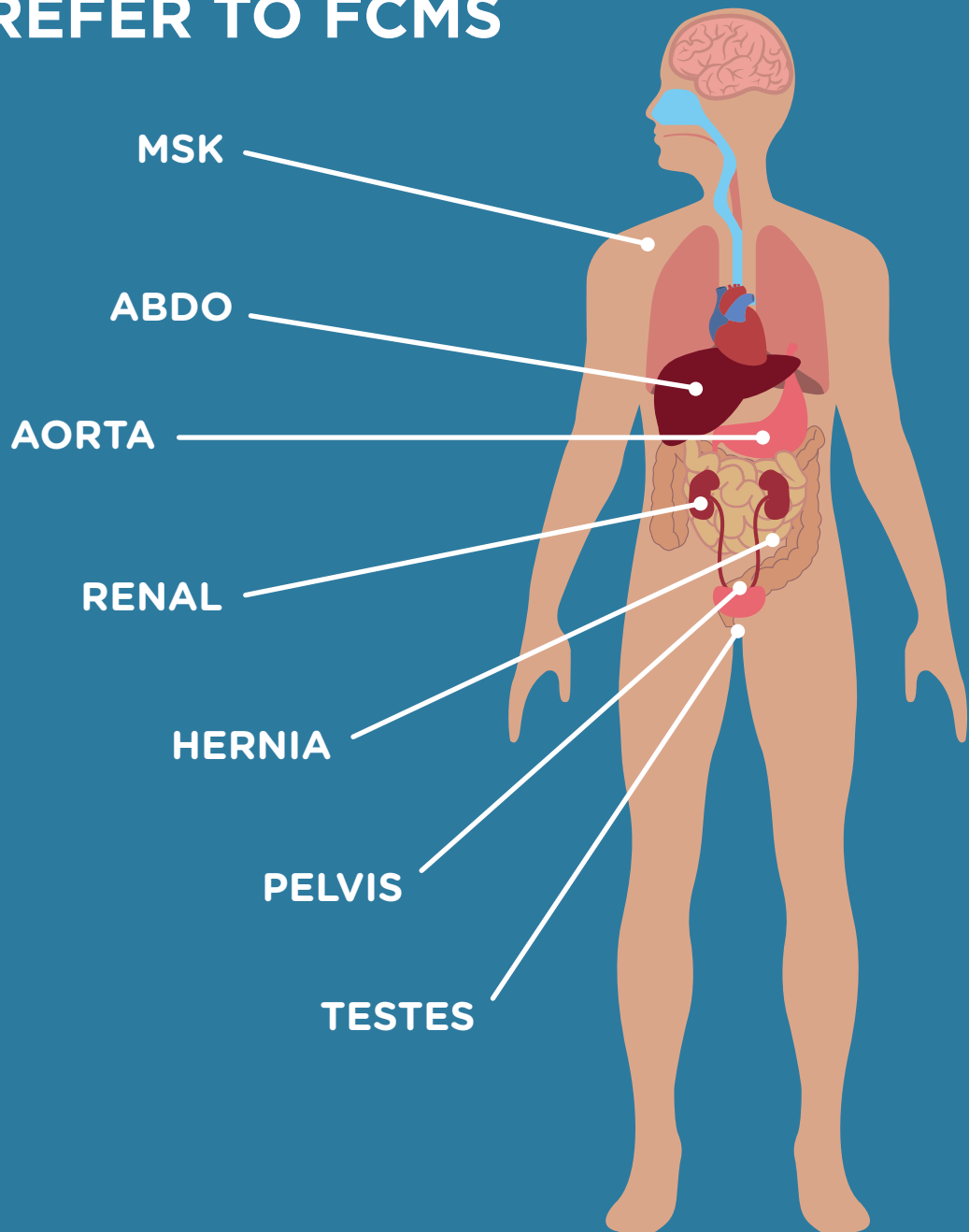
For more information or to speak to a member of our friendly team please call 0300 123 1441

# NON OBSTETRIC ULTRASOUND

Delivering high quality community direct access non obstetric ultrasound services across the North West for over 10 years. The service has evolved over the years and continues to meet both commissioners and patient's requirements.

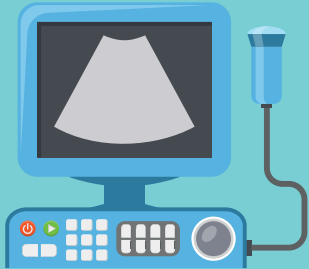


## WHY REFER TO FCMS



We offer a 7 day service currently covering the following areas: West Lancashire, Bolton and Leicester. We welcome all enquiries and are available to develop across all areas of the UK

# FREQUENTLY ASKED QUESTIONS FOR PATIENTS

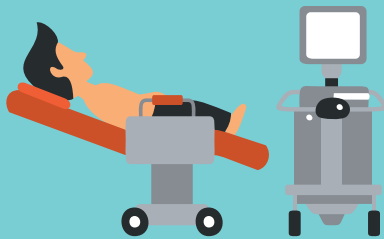


## **What is an Ultrasound scan?**

An ultrasound scan uses high frequency sound that you cannot hear, but it can be emitted and detected by special machines. The scan can give images of various parts of the body.

## **Why is an Ultrasound Scan done?**

An ultrasound can be used to scan the upper abdominal organs, female pelvic organs, MSK areas, lumps and bumps, testes amongst others.



## **What happens during the test?**

You will need to expose the part of the body under investigation and lie on the couch. Lubricating gel is applied to the skin and an ultrasound probe is moved over area. Pulses of ultrasound are sent from the probe through the skin, which then bounce back of the various organs being examined and return to the probe.

They are displayed as a picture on the monitor. The picture is constantly updated so the scan can examine the body part from various angles.

The test is painless and takes about 10-20 minutes. You may need to fast or have a full bladder for the test, dependant on the area being examined. You can continue to take your usual medication

Following your scan the gel can easily be wiped off. It is a water-based gel which will not stain clothes.

The results will be sent to your referrer within 5 days and be able to be discussed with your doctor soon after.

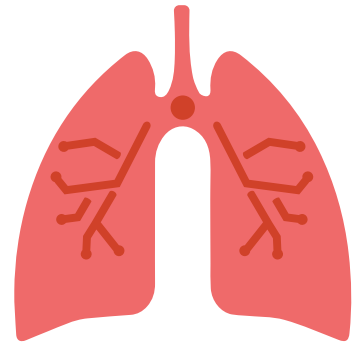


For more information or to speak to a member of our friendly team please call 0300 123 1441

# SPIROMETRY

Spirometry measures how well your lungs are working. We will measure how much air you have in your lungs and will record you emptying your lungs at different speeds. Doctors commonly request this test to:

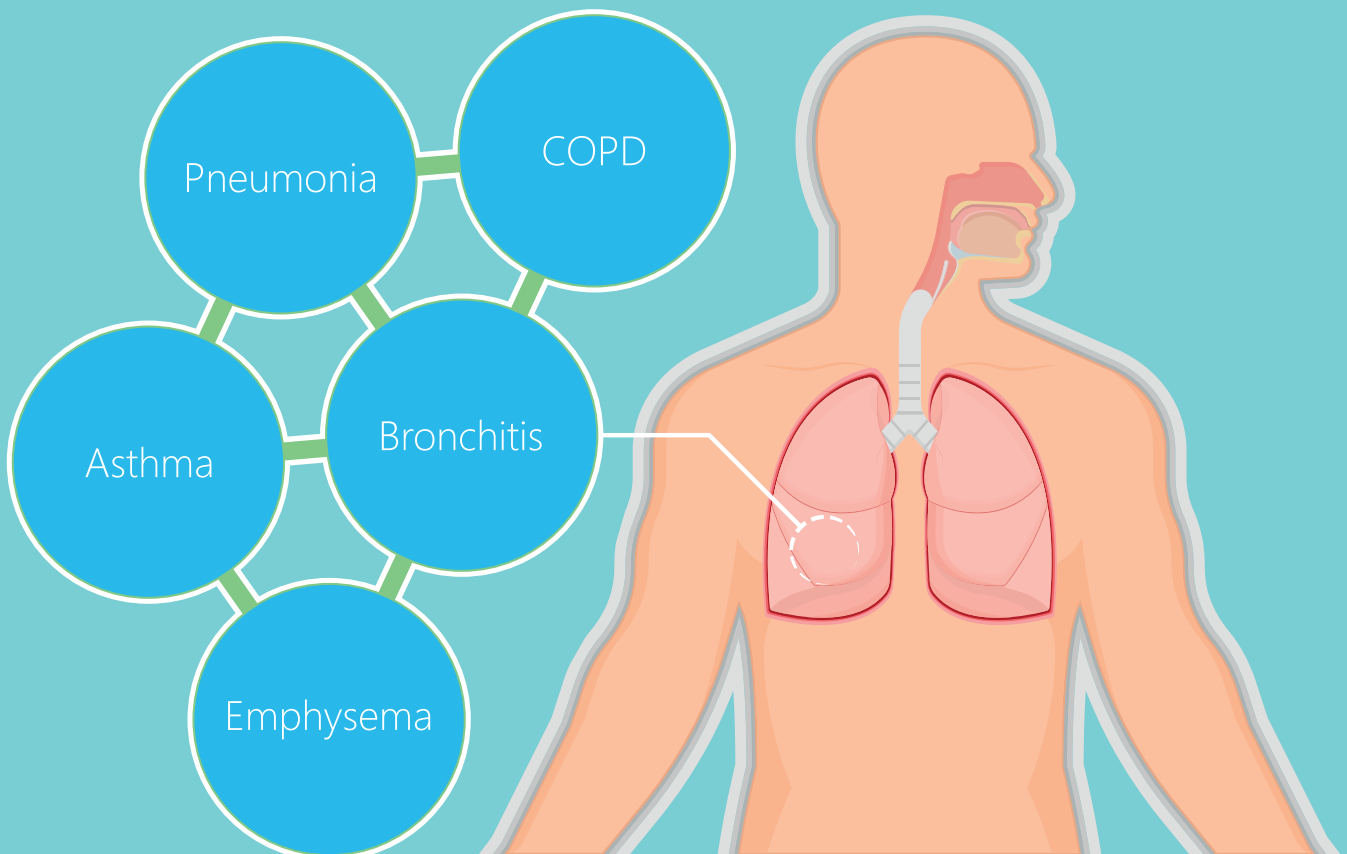
- ✓ To see if your symptoms are due to a problem with your lungs
- ✓ To see if medication will make your breathing better



## Before your test

Before attending for your Spirometry test please:

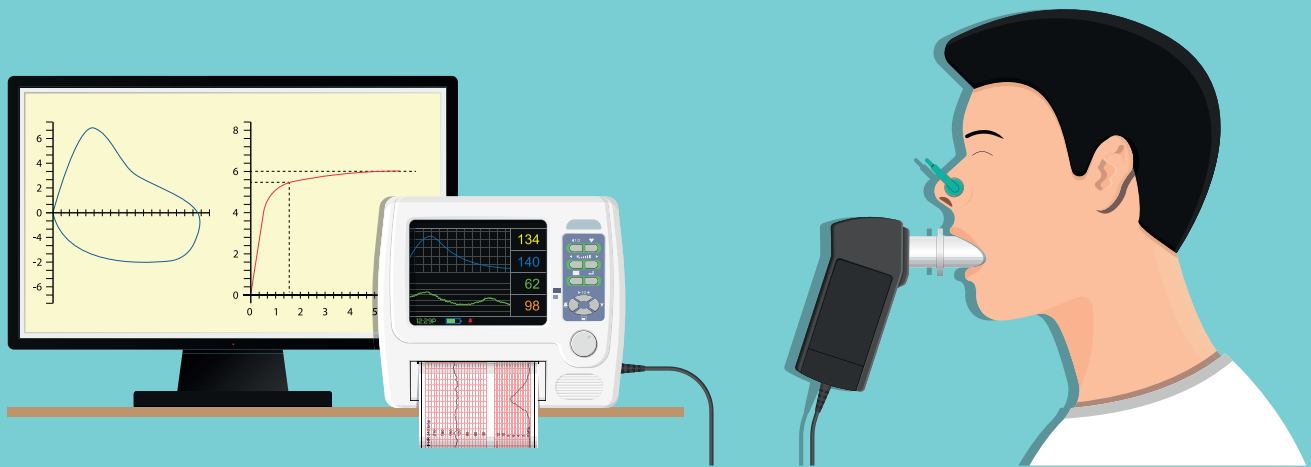
- ✓ Avoid vigorous exercise for 30 minutes before the test.
- ✓ Do not wear any tight clothing that may restrict your breathing.
- ✓ Try to avoid smoking on the day of the test.
- ✓ Do not eat a heavy meal for 2 hours, or drink alcohol on the day of the test.
- ✓ If you have had a chest infection within the last 6 weeks, please rearrange your appointment.



For more information or to speak to a member of our friendly team please call 0300 123 1441



# SPIROMETRY, THE PROCEDURE



## Two tests will be carried out

1. You will be asked to take a big breath in until your lungs are full, and to pinch your nose. You will be given a mouthpiece, which you will need to seal your lips around and then breathe out in a relaxed manner until your lungs are completely empty.



2. For the second part of the test, you will not need to pinch your nose. You will be given the mouthpiece, which you will need to seal your lips around and then breathe out as hard and as fast as you can until your lungs are completely empty.

Each test will be performed a minimum of three times, and you will be given a rest between each attempt.

If at any time you feel that you are unable to continue, you must make the nurse aware of this. The test may then be repeated 15 minutes after we have given you some medication to see if this helps your breathing.

You may be at the surgery for 40 minutes.

The test may then be repeated 15 minutes after we have given you some medication to see if this helps your breathing.

You may be at the surgery for 40 minutes.



For more information or to speak to a member of our friendly team please call 0300 123 1441

# FREQUENTLY ASKED QUESTIONS FOR GPs & COMMISSIONERS



## How do I refer into the service?

You can refer into the service via:

E-Referral (Choose and Book)

Email: [Fcms.echo@nhs.net](mailto:Fcms.echo@nhs.net)

[Fcms.nous@nhs.net](mailto:Fcms.nous@nhs.net)

[Fcms.ecg@nhs.net](mailto:Fcms.ecg@nhs.net)



## What is the wait time for the patient to be contacted and seen?

Patients will be contacted within 48 hours from receipt of the referral. The patient will be seen, on average, within 3 weeks.



## How soon after the patient has been seen will I receive the report?

Reports are sent directly back to the referrer within 5 working days. Any reports considered to require secondary care will be sent back to the referrer within 24/48 hours.



Access to secure online ultrasound images are available to both secondary care colleagues and GPs upon request.

All patients will receive a letter confirming their appointment and will be reminded via text or call the day before their appointment.



Details of this leaflet are correct at the time of print.



For more information or to speak to a member of our friendly team please call 0300 123 1441