

Doctor: OK so hi, my name's Elliot. I'm one of the doctors what's brought you in today?

Patient: Yeh so I've been getting these palpitations and they're not there all the time, but it feels like my heart is racing and they seem to be coming on after I've had a cup of coffee.

Doctor: OK, so are you short of breath when this happens?

Patient: No no, not short of breath.

Doctor: And have you noticed these happen at certain times of the day?

Patient: No, not really.

Doctor: OK, well, palpitations are quite common in the population, especially if you've been having less sleep, more caffeine, more stress. It could also be due to other factors which we need to exclude, do you feel like any of that applies to you?

Patient: Yeah, yeah, definitely. I've definitely noticed them after I've had a cup of coffee or like a pre work out for the gym, do any other drugs cause palpitations?

Doctor: Well caffeine can and so can other stimulants as well. Do you take any other drugs?

Patient: No, no, no other drugs. Um, what about steroids?

Doctor: Well, I don't think so. Do you take steroids they can be quite dangerous.

Patient: Um

Doctor: You shouldn't take those.

Patient: OK right. So what about the palpitations?

Doctor: Well one option is blood tests to make sure there isn't a medical cause of your palpitations and we can do an ECG as well the tracing of your heart. See if there's any unusual rhythm. But you should probably come off the steroids first as they can throw the tests.

Patient: Right um, um yeah, OK.