

Cardiology and Vascular Associates, P.C.

A Division of **MHP** Michigan Healthcare PROFESSIONALS

PATIENT INSTRUCTIONS

* Regular Stress Test:

1. Do not eat food two hours prior to your scheduled test time. Diabetic patients may have a light snack or follow physician recommendations.
2. Do not have ANY Caffeine (coffee, tea, colas, chocolate, including all decaffeinated beverages) for 12 hours prior to your test.
3. Do not smoke prior to your exam on the day of your test.
4. Wear flat, comfortable walking shoes and non-restrictive clothes. Women may want to wear a button-up blouse and should avoid dresses and pantyhose.
5. Do not use any bath oil, lotions or powder on your chest area.
6. Do not exercise prior to your test.
7. If you have a history of asthma, bring your inhalers with you.
8. Bring a list of your current medications.
9. This procedure takes approximately 45 minutes to complete.

* Nuclear Imaging Stress Test:

* Pharmacological Stress Test: - (see yellow card)

1. Do not eat food two hours prior to your scheduled test time. Diabetic patients may have a light snack or follow physician recommendations.
2. Do not have ANY Caffeine (coffee, tea, colas, chocolate, including all decaffeinated beverages) for 12 hours prior to your test.
3. Do not smoke prior to your exam on the day of your test.
4. Wear flat, comfortable walking shoes and non-restrictive clothes. Women may want to wear a button-up blouse and should avoid dresses and pantyhose.
5. Do not use any bath oil, lotions or powder on your chest area.
6. Do not exercise prior to your test.
7. If you have a history of asthma, bring your inhalers with you.
8. Bring a list of your current medications.
9. This procedure takes approximately 2.5 to 3 hours to complete.
10. If you are pregnant or breast feeding, please contact our office for further instructions. Your exam may need to be converted to an alternative exam.

For patients having a Pharmacologic Stress Test: If you are taking **Aggrenox, Persantine, Uniphylor Theophylline** always check with your ordering physician if he/she has any special instructions to be adhered to (such as withholding a medication the day of your test).

* Resting MUGA Scan:

1. No special Preparation. The exam takes approximately 60 minutes.

* Stress Echo:

1. Same instructions as regular stress test. Takes approximately 90 minutes.

* Stress Echo: Dobutamine

1. On the day of the exam, avoid caffeinated drinks and smoking.
2. Do not eat anything for 8 hours prior to your exam.

* Echocardiogram:

1. No preparation required. Exam takes approximately 60 minutes.

* Carotid Ultrasound:

1. No preparation required. Exam takes approximately 45 minutes.

* Abdominal Ultrasound of Aorta:

1. Nothing by mouth for 12 hours before test including coffee and water.
2. No chewing gum please.
3. If you are a Diabetic, you may eat a small meal 2 hours before test.
4. If you are on medication, please take your medication as usual with a small amount of water.

* Lower Extremity Ultrasounds:

1. Your exam includes testing from groin to ankle. Please wear underwear.

* Holter Monitor:

1. Please shower prior to appointment and do not use bath oil, lotion or powder on chest area. Monitor is on for 24 hours and you will be unable to shower. Hook-up takes 15 to 30 minutes. Must be returned the following day.

* Event Monitor:

1. No preparation - hook-up takes approximately 20-30 minutes.

SCHEDULING INSTRUCTIONS:

Phone Number: 248-333-1172

SCHEDULE FOR EXAMS:

- Monday - Friday 8:00 am to 5:00 pm
- Please see prep instructions above.
- Please see map opposite this page.

FOR DIABETIC PATIENTS:

1. *If having an Abdominal Aortic Ultrasound, or Renal Ultrasound, please take insulin and eat at least 2 hours before test.*
2. *Remember: If you take your insulin you must eat! **DO NOT FAST!***