

CARDIOLOGY AND VASCULAR ASSOCIATES, P.C.

PATIENT INSTRUCTIONS

24 hour notice is required to cancel or reschedule your exam. Two injections of the Radioactive tracers have been purchased for your exam and failure to give ample notice may result in billing you for these unused medications. Please call the office if necessary.

□ Regular Stress Test:

1. On the day of the exam absolutely avoid caffeinated drinks and smoking.
2. Wear or bring comfortable shoes and clothing to walk on a treadmill. Female patients should wear a short sleeved, front button blouse or loose t-shirt.
3. Do not use bath oil, lotion, or powder on chest area.
4. Do not exercise prior to test.

□ Nuclear Imaging Stress Test:

1. On the day of the exam absolutely avoid caffeinated drinks and smoking. Do not eat for at least 2 hours before your exam. If diabetic, please read instructions below.
2. Wear or bring comfortable shoes and clothing to walk on a treadmill. Female patients should wear a short sleeved, front button blouse or loose t-shirt.
3. Do not use bath oil, lotion, or powder on chest area.
4. Do not exercise prior to your test.
5. This procedure involves two injections of a nuclear isotope (one while at rest and the other with exercise or persantine). The exam is done in about a three-hour period.

□ Nuclear Imaging Pharmacological Stress Test:

1. On the day of the exam absolutely avoid caffeinated drinks and smoking. Do not eat for at least 4 hours before your exam. If diabetic, please read diabetic instructions below.
2. Wear or bring comfortable clothing. Female patients should wear a short sleeved, front button blouse or loose t-shirt.
3. Do not use bath oil, lotion, or powder on chest area.
4. Do not exercise prior to your test.
5. This procedure involves two injections of a nuclear isotope (one while at rest and the other with exercise or persantine). The exam is done in about a three-hour period.
6. If **asthmatic**, please ask your physician for approval to stop taking oral **theophylline** for 24 hours prior to exam and inform the technologist.

□ Resting MUGA Scan:

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

□ Stress Echo:

1. Same instructions as regular stress test. Exam takes approx. 1 hour.

□ Echocardiogram:

1. No preparation required. Exam takes about 30 minutes.

□ Carotid Ultrasound:

1. No preparation required. Exam takes about 30 minutes.

□ Abdominal Ultrasound of Aorta and/or Renals:

1. Nothing by mouth for 12 hours before test including coffee and water.
2. If you are a Diabetic, you may eat a small meal 2 hours before test.
3. If you are on medication, please take your medication as usual with a small amount of water.

□ Lower Extremity Ultrasounds:

1. **Wear or Bring shorts.** 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 about 20-30 minutes.

For Diabetic Patients:

1. *If having a Nuclear, Abd. Aortic U/S or Renal U/S, please take insulin and eat at least 2 hrs. before test.*
2. *If having a Pharmacological Myoview, please take insulin and eat at least 4 hours before test.*
3. *Remember: If you take your insulin- you must eat! **DO NOT FAST!***

***** PLEASE BRING A WRITTEN LIST OF ALL YOUR MEDICATIONS.*****