

### **Diagnostic Study Prep Instructions**

Below you'll find prep instructions for the testing(s) you're scheduled to have in our office.

- **Nuclear Stress Instructions (Exercise Nuc) or (Chemical Nuc)**

This test provides evaluation of heart muscle blood supply (perfusion) using two injections of radionuclide isotopes. The test combines resting and stress images to show perfusion through the coronary arteries, cardiac wall motion and ejection fraction (pumping function of the heart).

- Wear comfortable clothing that can be removed from the waist up
- If walking on a treadmill, please wear comfortable walking shoes that secure to your feet (No sandals, flip-flops, or heels).
- If you take beta blockers, Aminophylline, Diltiazem, Cardizem, Verapamil, Theophylline products or Aggrenox, please ask our staff about holding these medications because it will affect the results of your test. **(see page 3 for list of which medications are considered beta blockers)**
- Remove any Nitroglycerin patches 1 hour prior to exam. Do not use sublingual (under the tongue) nitro within an hour of exam.
- Please do not eat or drink anything except water for at least 4 hours prior to the test.
  - If diabetic, you may have a light snack 2 hours before the test if needed for blood sugar
- Avoid all caffeine products for 12 hours prior to test, **including decaffeinated** beverages, coffee, soda, tea, chocolate, and medications containing caffeine, such as Excedrin.
- It is important that you stay well hydrated for this test. Please drink plenty of water the morning of the test
- Please allow 2-3 hours for the test

- **Treadmill or Exercise Stress Test**

Test provides evaluation of cardiac response to exercise, exercise tolerance and adequacy of medical therapy for ischemia or arrhythmia.

- Wear comfortable clothing and walking shoes.
- Take all medications unless otherwise instructed by ordering provider.
- Refrain from eating a large or greasy meal prior to walking on treadmill.
- Allow 1 hour for test.

- **Echocardiogram**

Test provides evaluation of heart chamber size, valve function, and pumping function.

- Stay well hydrated. Drink plenty of water the night before/morning of your test.
- You may need to have an IV placed for diagnostic purposes.
- Wear comfortable clothing that can be removed from the waist up.
- Allow approximately 1 hour for exam.

- **6- Minute Walk**

The Six (6) Minute Walk Test (6MWT) is a useful measure of functional capacity targeted at those with at least moderately severe heart or lung impairment. It is easy to administer, better tolerated and more reflective of activities of daily living than longer, more complicated tests and is self-paced.

- Instruct the patient to dress comfortably, wear appropriate footwear, and to avoid eating for at least 2 hours before the test (where possible or appropriate). The patient should use their usual walking aids through the test (cane, walker, etc.)
- Any prescribed bronchodilator medication should be taken within one hour of testing or when patient arrives for testing.
- Patients should not have exercised vigorously within two (2) hours of starting the 6MWT.
- Allow 30-45 minutes for the test.

- **Stress Echo or Exercise Echo Test -- (Exercise Echo) or (Chemical Echo)**

Test provides evaluation of cardiac response to exercise and the pumping and valve function. Images are taken at rest and during stress with exercise or medication to simulate exercise (chemical).

- Wear comfortable clothing and walking shoes
- Hold beta blockers 24 hours prior to the test
- Hold CA channel blockers 24 hours prior to test
  - Cardizem, Verapamil and Diltiazem
  - All other CA channel blockers are ok to take
- Please do not eat or drink anything for 4 hours prior to the test
- If diabetic, have light snack 2 hours before test
- Allow 1-2 hours for test

- **Abdominal Vascular**

Test provides a comprehensive evaluation of the abdominal aorta and common iliac arteries using ultrasound imaging and Doppler techniques.

- Please do not eat or drink anything for 12 hours prior to test
- Please do not chew gum or smoke prior to test
- Allow 1 hour for the test

- **Carotid**

Test provides a comprehensive evaluation for plaque and narrowing of the carotid arteries, subclavian circulation and vertebral/basilar circulation using a combination of ultrasound imaging and Doppler techniques.

- No preparation for test. Allow 1 hour for test

**Beta Blockers**

<u>Generic Name</u>	<u>Brand Name</u>
Metoprolol	Lopressor/Toprol XL
Carvedilol	Coreg
Atenolol	Tenormin
Propranolol	Inderal/inderal LA/ Innopran XL
Bisoprolol	Zebeta
Pindolol	Visken
Labetalol	Trandate Normodyne
Nadolol	Corgard
Timolol	Blocadren
Esmolol	Brevibloc
Betaxolol	Kerlone
Penbutolol	Levatol
Acebutolol	Sectral

**Combo Medications Containing Beta-Blockers**

Ziac	Bisoprolol-HCT
Tenoretic	Atenolol- Chlorthalidone
Inderide	Propranolol-HCT
Corzide	Nadolol- Bendroflumethiazide
Dutprol	Metoprolol-HCTZ
Timolide	Timolol-HCTZ

**OTC Medications Containing Caffeine**

Emergen-C - Anacin Maximum Strength - Anacin Tabs & Caps - Aspirin Free Excedrin - Excedrin Extra Strength Cap & Tabs - Excedrin Migraine - Goody's Extra Strength Tabs and Powers - Midol - NoDoz - Pain reliever Plus - Vanquish Caps – Vivarin

**Common Prescription Medications Containing Caffeine**

Ergotamine/Caffeine Suppositories (Migergot) - Ergotamine/Caffeine Tablets (Cafergot) - Fiorinal Caps - Fiorinal w/Codeine Caps - Fioricet Tabs - Orphenadrine Citrate, aspirin & Caffeine (Norgesic) - Orphenadrine Citrate, Aspirin & Caffeine (Norgesic Forte) - Synalgos-DC

**Foods and Drinks Containing Caffeine**

**Coffee:** Regular, Decaf, mochas, lattes, Frappuccinos, etc...

**Chocolate (ALL):** candy, cakes, cookies, ice cream, protein powders etc.... anything containing chocolate

**Energy Drinks (All):** Red Bull, Monster, 5hr energy, etc...

**Sodas (almost All regular & diet):** including Coke, Pepsi, Shasta Cola, Dr. Pepper, mtn Dew

\*Most soda's contain caffeine: including many root beers, cream soda's, and orange soda's despite popular belief. When in doubt, hold ALL sodas

**Sodas that DO NOT contain Caffeine:** 7-UP - A & W Root Beer - Barq's Red Cream Soda - Fanta - Ginger Ale - Mug Root Beer- Orange Crush - Sprite

If you have any questions on what you can and cannot have, please contact our office.