
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 and walking shoes if treadmill to be done
- If you take beta blockers, Aminophylline, Theophylline products or Aggrenox (if chemical nuc)
Please ask our staff about holding these medications because it will affect the results of your 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 except water for at least 4 hours prior to the test

If diabetic, have a light meal 2 hours before the test and do not drink anything except water

- Avoid all caffeine products for 24 hours prior to test, including decaffeinated beverages, tea and chocolate
- 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
- 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 have a light meal 2-3 hours prior to test and then do not drink or eat anything
- Allow 1 hour for test

☐ Echocardiogram

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

- No special instructions. Allow approximately 1 hour for test

☐ 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 eat a light meal 4 hours prior to test and then do not drink or eat anything
If diabetic, have light meal 2 hours before test
- Allow 1-2 hours for test

Abdominal Vascular or Renal Duplex

Test provides a comprehensive evaluation of a wide variety of peripheral and abdominal vessels (aorta, celiac or iliac or renal arteries or kidneys) through use of 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 1-2 hours for test

Arterial – Lower extremity

Test provides a comprehensive evaluation using rest and exercise of the ankle/brachial index with imaging of peripheral and abdominal vascular areas (aorta to toes) through use of ultrasound imaging and Doppler techniques.

- Wear comfortable clothing and walking shoes
- Please do not eat or drink anything for 12 hours prior to test
- Please do not chew gum prior to test
- Allow 2 hours for test

Arterial – Limited

Test provides a comprehensive evaluation of femoral artery using a combination of ultrasound imaging and Doppler techniques.

- No preparation for test. Allow 1 hour for 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

Venous – Lower extremity

Test provides a comprehensive evaluation of presence of blood clots in the lower extremity veins using a combination of ultrasound imaging and Doppler techniques.

- No preparation for test. Allow 1 hour for test