

## CARDIAC PRE-PROCEDURE INSTRUCTIONS

- ECHOCARDIOGRAM and/or CAROTID ULTRASOUND**
  - Test takes about 30 minutes
  - Wear loose fitting clothes
  
- VASCULAR ULTRASOUND OF LEGS**
  - Test takes about 1 hour
  - This study is a specialized test and requires a technician
  - No special preparation is required for this test
  
- SEGMENTAL BLOOD PRESSURES**
  - Test takes about 15 minutes
  
- 24-HOUR HOLTER MONITOR**
  - Setup and removal take 15 minutes each
  - Patient wears this monitor for 24 hours to detect any irregular heartbeats and returns it the following day
  - Maintain a diary to tell us if you have any symptoms (dizziness, palpitations) during the test
  - Wear loose fitting shirt
  
- TREADMILL STRESS TEST or STRESS ECHOCARDIOGRAM**
  - Test takes 30 minutes
  - **NO FOOD or CAFFEINE (coffee, tea, cocoa, decaf, soda) 3 hours** prior to this test time
  - Please **DO NOT** apply any body lotion in the Chest Area
  - Wear comfortable walking shoes (no flip-flops or sandals) for this test
  - Dr. Chirala may have instructed patient to stop any medications prior to test. If you can't find them, please call our office 24 hours prior to test.
  
- (\*\*) STRESS CARDIAC PERFUSION SCAN / EXERCISE / ADENOSINE / DOBUTAMINE**
  - Test may take upto 2 ½ hours
  - **DO NOT drink CAFFEINE (coffee, tea, cocoa, decaf, soda) for 24 hours prior to this test**
  - **DO NOT eat food for 4 hours prior to this test**
  - **NO Theophylline, Persantine (Dipyridamole) 24 hrs or Aggrenox 48 hrs prior to this test**
  - **NO Insulin** before test. Bring any **Insulin, Glucose monitor or Inhalers** you use to your appt.
  - Wear comfortable loose clothing free from metal objects and wear flat rubber soled shoes
  
- T-WAVE ALTERNANS**
  - Test takes 30 minutes
  - No lotions or moisturizing soaps 24 hrs before test
  - Wear comfortable loose clothing free from metal objects and wear flat rubber soled shoes

**FAMILY MEMBERS & CHILDREN NOT ALLOWED IN, UNLESS AN INTERPRETER IS NEEDED**

**(\*\*) ALL CANCELLATIONS MUST BE DONE ATLEAST 1 BUSINESS DAY PRIOR TO APPOINTMENT, OTHERWISE A \$25.00 FEE (and COST OF NUCLEAR ISOTOPE ORDERED FOR YOUR TEST) WILL BE CHARGED DIRECTLY TO YOU.**