
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).

- Comfortable clothing should be worn. Must two piece clothing as you will be changing from the waist up (even for Chemical Nuc). Please do not wear dresses
- Walking shoes must be worn (even for Chemical Nuc)
 - Please do not wear flip flops, barefeet, or backless shoes
- Hold ALL caffeine x12 hours - Coffee, tea, decaf coffee, chocolate, sodas, and medications containing caffeine
- No food x4 hours prior to test. Diabetics may have a light snack up to 2 hrs prior
- Take all medications as prescribed (unless otherwise specified in appointment notes)
- Drink plenty of water. There are NO restrictions on water. Hydration helps with the IV
- If you have an inhaler, bring it. Even if you haven't used it in a long time. If you use regularly, take a dose before coming in
- Please allow 2-3 hours for the exam

Note: Family is not allowed back into the nuclear area unless acting as an interpreter

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
- 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 the 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 If diabetic, have light snack 2 hours before test
- Allow 1-2 hours for test

Abdominal/Renal/Arterial Exam

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