

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. **(see page 3 for list of which medications are considered beta blockers)**
- 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 snack 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
- 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