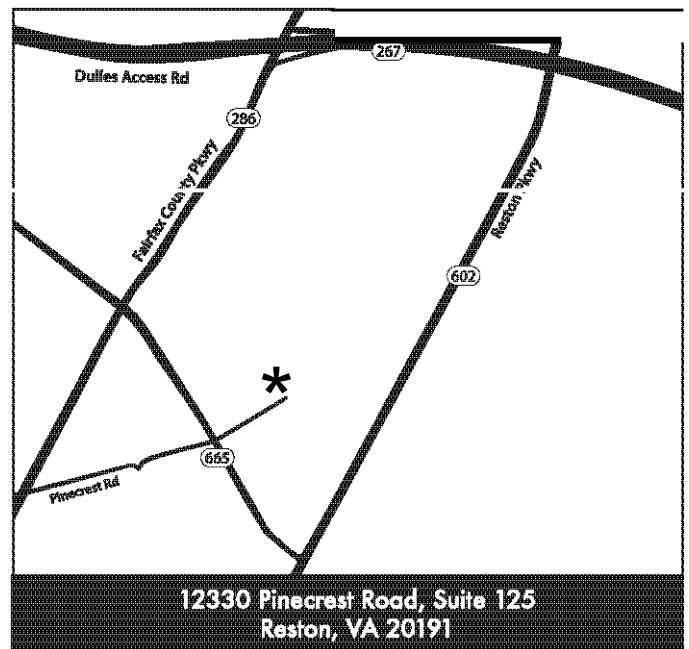


## PATIENT INSTRUCTIONS

- Please arrive 15 minutes prior to your scheduled appointment time.
- Bring your insurance card and referral, if required by your insurance company.
- Please note that some insurance companies require pre-authorization prior to the test.
- Please bring all your medications and dosages, or a list of it.
- If you are unable to keep the appointment, 24 hour notification is appreciated.



## EXAM INSTRUCTIONS

- EKG** Please allow approximately 15 minutes for your EKG exam. Wear two-piece clothing.
- ECHO** Please allow approximately 30 minutes for your echo. Wear two-piece clothing. Do not wear any oils, powder or lotions on the chest area. (*Deodorant is allowed.*)
- EXERCISE STRESS TEST** Please allow approximately 1 hour for your stress test. Have nothing to eat or drink three hours prior to the appointment. Wear two-piece, loose-fitting clothes and comfortable walking shoes. Do Not take Beta-Blockers 24 hours before test.
- NUCLEAR STRESS TEST** Please allow approximately 3 - 4 hours for your test. Please do not drink caffeinated or decaffeinated coffee, tea, soda or chocolate 24 hours prior to your appointment. Caffeine-free sodas are permitted. In addition, have nothing to eat or drink four hours prior to the appointment, although you may bring a light snack to eat after the stress portion. Do Not take Beta-Blockers 24 hours before test. Please take the rest of your blood pressure medications (Atenolol, Metoprolol, Carvedilol, etc.).
- Wear two-piece, loose-fitting clothes and comfortable walking shoes. Women should wear a bra without underwire. Do not wear any oils, powder or lotions on the chest area. (*Deodorant is allowed.*)
- STRESS ECHO** Please allow approximately 1 hour for your test. Nothing to eat or drink three hours prior to the appointment. Wear two-piece, loose-fitting clothes and comfortable walking shoes. Do not wear any oils, powder or lotions on the chest area. (*Deodorant is allowed.*)
- 24-HOUR HOLTER MONITOR** Please allow 30 minutes for instructions and hook up. Patient will not be allowed to shower while wearing the monitor. Wear two-piece clothing, button-down preferred. The monitor is to be returned to the office the next business day.