



## Prep Instructions

## Testing at Winchester Medical Center

## Serving the Heart and Vascular needs

### Vascular Prep Instructions

1. **DO NOT EAT OR DRINK WITHIN 6 HOURS BEFORE THE TEST.**
2. Avoid carbonated beverages the day before your scheduled exam.
3. Take all prescribed medications with a small amount of WATER only.
4. Eat a bland diet, i.e., bread, potatoes, rice, pasta, baked chicken or fish. Avoid gas-producing greasy or fried foods, vegetables, or fresh fruit.
5. No gum chewing day of exam.

### All STRESS Prep Instructions

1. Absolutely **NO CAFFEINE FOR 12 HOURS** before the test. This includes coffee, tea, sodas, "decaf" drinks and chocolate.
2. DO NOT EAT for at least 4 HOURS prior to the test. You may have some water or juice.
3. NO TOBACCO for 8 hours before test.
4. Wear loose comfortable clothing and rubber soled WALKING SHOES.
5. Take all prescribed medications unless otherwise directed by your doctor.
6. Bring a list of all of your prescribed medications.

### Dobutamine Stress Echocardiogram

If unable to walk on a treadmill this test combines the use of a medication called Dobutamine and Echocardiography to show heart function and how the heart reacts to stress. For this test you will lay on a bed, the medication will be administered by a professional through an IV. Images of the heart will be obtained before, during and after the administering of the medication.

See All STRESS Prep Instructions.

To schedule, contact Winchester Medical Center at 540.662.0306

Advise Winchester Cardiology and Vascular Medicine to read

### How to Obtain Your Test Results

Our office will fax your test result to your physician within 24 to 48 hours after your test has been read. However, please allow 10 to 14 days for your physician to communicate your results to you.

The Cardiovascular Imaging Center staff is unable to give you your test results.

### Winchester

190 Campus Boulevard, Suite 201  
Winchester, VA 22601

*Located on the 2nd floor of Medical Office Building II (MOBII) on the Winchester Medical Center campus.*

Phone: 540.662.0306 Fax: 540.542.1843  
[www.winchestercardiology.com](http://www.winchestercardiology.com)

Referred By:

Patient Name:

Test Date/Time:

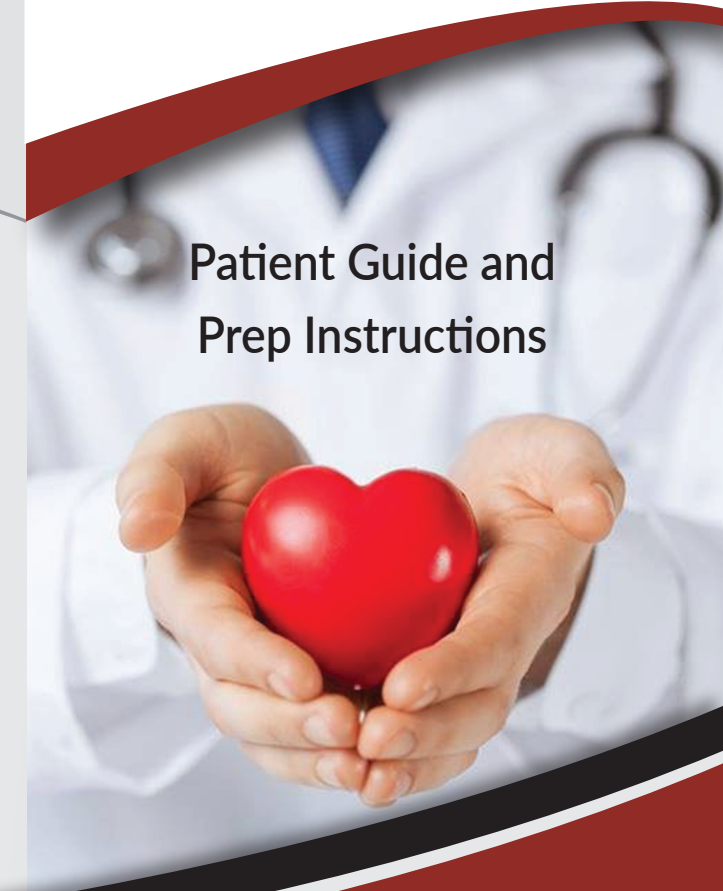
### Panhandle

1000 Tavern Road, Suite 200  
Martinsburg, WV 25401

*Located on Tavern Road before 4-way stop and Rockcliff Drive, make left at Tri-State Surgical entrance.*

Phone: 304.264.9485 Fax: 304.264.9987  
[www.panhandlecardiology.com](http://www.panhandlecardiology.com)

## Patient Guide and Prep Instructions



Caring at the heart  
of your health.

## Testing Services

### Diagnostic Cardiology

- ☐ Complete Echocardiogram
- ☐ ERNA (MUGA) Scan
- ☐ Holter Monitor
  - \_\_\_\_ 24 HR \_\_\_\_ 48 HR
- ☐ Event Monitor
  - \_\_\_\_ 7 days \_\_\_\_ 14 days \_\_\_\_ 30 days
- ☐ Mobile Telemetry (MCOT)
  - \_\_\_\_ 7 days \_\_\_\_ 14 days \_\_\_\_ 30 days

### Stress Testing (see prep instructions)

- ☐ Treadmill Stress Test
- ☐ Stress Echo - Treadmill
- ☐ Dobutamine Echo
  - (schedule at WMC see instructions)
- ☐ Nuclear Stress Test
  - \_\_\_\_ Walking Nuclear Stress Test
  - \_\_\_\_ Lexiscan (non-walking)

### Vascular Studies

- ☐ Carotid Doppler
- ☐ Renal Doppler (see prep)
- ☐ Pulse Volume Recording (PVR)
- ☐ Ankle-Brachial Index (ABI)
- ☐ AAA Screening (see prep)
- ☐ Lower Ext. Art. Duplex
- ☐ Venous Insufficiency Study
- ☐ DVT Scan

### Consultative Services

- ☐ Cardiology
- ☐ Vascular
- ☐ Electrophysiology / Device
- ☐ Pre-op

## Services Available at Winchester and Martinsburg Offices

### ☐ Nuclear Stress Test

This test uses a radioactive tracer to image the blood flow and strength of your heart muscle. After registration, a Certified Nuclear Medicine Technologist will prepare you for the test by starting an IV and injecting a small amount of nuclear tracer. There will be a delay of about 30 to 60 minutes to allow the tracer to be absorbed, before you are placed on the imaging table. You will lie on the table for 15 minutes while the camera takes pictures around your chest. Upon completion of the first set of pictures, you will be prepped for the stress portion of the test. If able to walk on treadmill this is preferred. If you are unable to walk on the treadmill, one of 2 medications called Lexican or Dobutamine will be infused through an IV to complete the stress portion of your test. This medication will be determined by your doctor or the professional administering your test. Approximately 30-45 minutes after completing the treadmill or medication stress portion you will be placed on the imaging table for another 15 minute scan. Please allow 3 hours for the entire test. For 2 day tests, allow 90 minutes each day. See All STRESS Prep Instructions.

*\*There is a charge for the radioactive tracer if you fail to give 24 hours notice to cancel the procedure.\**

### ☐ Treadmill Stress Test

This test is used to detect EKG changes that occur when your heart is under stress. Several electrodes will be placed on your chest, so that your heart rhythm can be analyzed closely throughout the test. See All STRESS Prep Instructions.

### ☐ Venous Insufficiency

This test uses sound waves to determine the presence of leaks in the valves of the veins of the affected leg(s) or arm(s). While you lie on a table, a technologist will scan your leg(s) or arm(s) with an ultrasound probe. They will press down with the ultrasound probe from time to time to determine presence or absence of blood clots before they proceed to the insufficiency portion of the exam. There is no prep for this exam. This study typically last approximately 1 hr per leg or arm.

### ☐ Lower Extremity Arterial Duplex (LEAD)

The study is used to evaluate the arteries that supply blood flow to your feet. While you lie on a table, a technologist will scan your legs with an ultrasound probe. There is no prep for this exam. The study typically lasts approximately 1/2 hour per leg.

### ☐ Holter / Event Monitors / Mobile Telemetry

These monitors are used to analyze your heart rhythm over a period of time. The Holter Monitor is usually worn for 24-48 hours. The Event/Mobile Telemetry monitors are worn for 21-30 days.

### ☐ Echocardiogram

This test uses sound waves to take images of your heart muscle, heart valves, and other structures. You simply lie on your left side while a Sonographer scans your chest. There is no prep needed for this exam, which lasts approximately 45 minutes.

### ☐ Carotid Doppler

This exam uses sound waves to image the arteries that supply blood flow to your brain. You will lie on a table while a Sonographer scans your neck. There is no prep for this procedure, however, please avoid wearing perfumes or powders. This exam takes about 1 hour.

### ☐ Venous Study – DVT

This test uses sound waves to locate blood clots in the veins of the affected leg(s) or arm(s). While you lie on a table, a technologist will scan your leg(s) or arm(s) with an ultrasound probe. They will press down with the ultrasound probe from time to time to further determine presence or absence of blood clots. There is no prep for this exam. This study typically last approximately 1/2 hr per leg or arm.

### ☐ Renal Artery Doppler

This test uses sound waves to image the arteries that supply blood flow to your kidneys. You will lie on a table while a Sonographer scans your abdomen. The procedure lasts approximately 1 hour. See Vascular Prep Instructions.

### ☐ Abdominal Aortic Aneurysm (AAA) Screening

This test uses ultrasound waves to image the main artery that supplies blood to and through your abdomen. You will lie on a table while a technologist scans your abdomen with an ultrasound probe. The procedure lasts 30-45 minutes. See Vascular Prep Instructions.

## Services Available Only at Winchester Office

### ☐ Stress Echocardiogram

You will be required to walk a treadmill. This test uses Echocardiography (ultrasound) imaging to capture pictures of the heart at rest and with exercise to determine heart function. The entire test will take approximately 1 hour. See All STRESS Prep Instructions.

### ☐ ERNA-Equilibrium RadioNuclear Angiogram Scan (MUGA)

This test uses an injected tracer to evaluate the wall motion of the heart. No prep is required. The test will last approximately 1 hour.

### ☐ Pulse Volume Recording (PVR) Ankle-Brachial Index (ABI)

These are exams performed to evaluate the amount of blood flowing to your arms and legs. A series of blood pressure cuffs are applied to obtain pressures and tracings. There is no other prep for these exams. PVR will take approximately 1 hour and the ABI takes about 15 minutes.