



## In-Office Testing

For your convenience, we provide multiple in-office testing. A brief synopsis and patient instructions for each test are found below.

- 1. Exercise Treadmill Testing (Stress Test)** is performed to evaluate heart rate, heart rhythm and coronary heart disease. The patient is monitored by an electrocardiogram (EKG) while walking on a treadmill. The test takes approximately 30-45 minutes.

**Preparation:** We ask that patients wear comfortable shoes and clothing to perform this test. It is preferable that the patient refrains from eating a heavy meal close to the testing time since they will be exercising. It is also preferred that the patient refrains from any caffeinated products 2 hours prior to testing if possible. All regular medications may be taken prior to this test.

- 2. Nuclear Stress Testing** is performed to evaluate coronary artery disease. The patient is injected with a radioactive (nuclear) isotope called Sestamibi via an IV placed in the patient's arm or hand. The radioactive isotope is commonly mistaken for a contrast medium or dye-it is NOT a dye. The patient is asked to wait for a period of approximately 10-15 minutes, then the first set of images are obtained. The images take approximately 10 minutes. After these pictures are obtained, the patient performs an exercise treadmill test, or if the patient is unable to perform an exercise treadmill test the patient will be injected with a drug called Adenosine. The Adenosine will be injected through the IV after the first set of nuclear images is obtained. Another dose of radioactive isotope will be given during the stress test via the IV. After the stress test, the patient is encouraged to eat and drink a snack. After this time, the patient has a second set of images obtained in the nuclear room. The second set takes 10 minutes. The nuclear stress test takes approximately 3 hours to complete from the first injection until the second set of images is complete.

**Preparation:** We ask that patients wear comfortable shoes and clothing to perform this test. No caffeine or decaffeinated products 24 hours prior to the test. This includes coffee, sodas, chocolate and tea. All medications may be taken with a sip of water.

**Patients who are scheduled for morning testing:** Patients are not to eat or drink anything after midnight the night before the test.

**Patients who are scheduled for afternoon testing:** Patients are to eat ONLY a small piece of toast, small banana, small bowl of oatmeal with water or juice before 8:00 AM. Nothing may be eaten after 8:00 AM. Diabetic patients should be scheduled for afternoon testing since they are allowed to eat in the early morning.

- 3. Echocardiogram**, or echo, is an ultrasound of the heart. It is performed to evaluate the heart valve function, wall motion and thickness, blood flow and chamber sizes. The images are obtained by placing an ultrasound probe on the patient's chest. The 2D echo takes approximately 45 minutes to 1 hour.

**Preparation:** The patient may eat prior to the test; however, we ask that the patient refrains from any caffeinated products 2 hours prior to the test if possible. All regular medications may be taken prior to this test.

- 4. Peripheral Vascular Tests** are ultrasound tests, or doppler studies, performed to evaluate blood flow in different areas of the body. The measurements are obtained by placing a probe on the specific areas of the body. The doppler studies that we perform include arterial studies of the arms and of the legs, venous studies of the arms and of the legs, carotid artery studies of the neck as well as renal and abdominal studies. The times for each study vary from 1 hour to 2 hours. All regular medications may be taken prior to all peripheral vascular testing.

**Preparation for Carotid, Venous and Leg/ Arm study:** The patient may eat prior to testing.

**Preparation for Renal and Abdomen study**, follow the instructions below:

**Evening prior to study:**

To maximize the results of the study, patients should take a laxative (any brand laxative) at 2:00 PM the day before the study and should eat a light dinner consisting of light broth, jello, etc. Nothing to eat or drink after midnight, however, the patient is able to take regular medications with a small sip of water.

**Morning of study:**

Patient should take their regular medications with a small sip of water. The patient should perform an enema while at home. (They may use the Fleet brand enema.) If the first enema does not produce any results, patient should perform



a second enema. On the way to the office, the patient should chew 2 to 3 Mylicon tablets to reduce any gas in their abdomen.

5. **Electrocardiogram (EKG)** is performed to assess heart rhythm. No preparation. All regular medications may be taken prior to this test.
6. **Chest X-ray (CXR)** is ordered to assess the lungs and size of the heart. No preparation. All regular medications may be taken prior to this test.
7. **Holter Monitor** is worn for 24 hours by patients to monitor their heart rhythm. When the Holter monitor is removed, it takes approximately 1 hour to scan the results. No preparation. All regular medications may be taken prior to this test.
8. **Laboratory tests** are, at times, ordered by the physicians. For some laboratory tests, the patient is asked to have nothing to eat or drink after midnight before the test. All regular medications may be taken prior to this test.

\*\*\* The appointment schedulers will contact you with your specific instructions for your office visit. Not all of the above preparations should be followed- only the preparation for your specific test should be followed once your appointment has been confirmed. Please feel free to contact an appointment scheduler with any questions you may have regarding your time and/or preparation instructions. Thank you.