

## Division of Cardiology

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Penfield, NY 14526  
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Echoes and Holters only

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377 White Spruce Blvd  
Rochester, NY 14623  
(585) 336-5252  
Echoes, Holters, stress  
echoes and consults

Patient Name: \_\_\_\_\_

Referring Provider: \_\_\_\_\_

Date of Birth: \_\_\_\_\_

Provider Signature: \_\_\_\_\_

Indication(s): \_\_\_\_\_

Date of Appointment: \_\_\_\_\_

- CONSULTATION:** This generally **requires about one hour**. Please bring a list of your medications.
- ECHOCARDIOGRAM:** This is an ultrasound of your heart, and generally **requires about 45 minutes**. No preparation necessary.
- EXERCISE TOLERANCE TEST OR "STRESS TEST":** This test requires that you walk on a treadmill. Please check with your doctor about taking medications on the day of the test (we prefer that medications such as Beta Blockers not be taken, unless your doctor says otherwise). Wear comfortable clothes and shoes. Sneakers are ideal if available, and women should wear slacks or a skirt that they can walk comfortably in. Please bring a list of your medications. **Allow 60 minutes in the office.**
- EXERCISE STRESS ECHO:** This is a combination of an exercise test with an ultrasound. Please check with your doctor about taking medications on the day of the test (we prefer that medications such as Beta Blockers to not be taken, unless your doctor says otherwise). Please avoid eating a large meal just prior to the test. Wear comfortable clothes and shoes. Sneakers are ideal if available, and women should wear slacks or a skirt that they can walk comfortably in. Please bring a list of your medications. **This test requires about 1 hour.**
- DOBUTAMINE STRESS ECHO:** This is a stress test for people who cannot walk on a treadmill. A medication is administered intravenously which simulates exercise and makes your heart rate increase. An ultrasound is done simultaneously. Please check with your doctor about taking medications on the day of the test (we prefer that medications such as Beta Blockers not be taken, unless your doctor says otherwise). Please avoid eating a large meal just prior to the test. Bring a list of medications with you. **Allow 60-90 minutes in the office.**
- HOLTER MONITOR:** This is a device, which records your heartbeat for 24 hours. We will attach patches to your chest and you will carry a small box on a belt or shoulder strap. You must return the monitor the next day. **Allow 15-30 minutes for your appointment.**
- EXERCISE NUCLEAR STRESS TEST:** This is an exercise test with nuclear heart scanning. A scan is done to assess areas in your heart, which may not get an adequate blood supply. You will be receiving an intravenous line and will be injected with a radioactive material. Please wear comfortable clothing and shoes for exercising. Bring your current medications with you. As part of the test, it is necessary for you to lie flat on the exam table with both arms raised above your head for about 15 minutes per imaging scan. Please check with your doctor about taking medications on the day of the test (we prefer that medications such as Beta Blockers not be taken, unless your doctor says otherwise). If you are diabetic please check with your doctor. **Please avoid caffeine for 24 hours and no eating 4 hours prior to exam. If you are over 300lbs, please call in advance. Please allow 3 hours for the test.**
- ADENOSINE / LEXASCAN THALLIUM:** This is a type of stress test with a nuclear heart scan in which medication is administered intravenously to exercise your heart. A scan of the heart is done to assess for areas, which may not get adequate blood supply. You will be receiving an intravenous line and will be injected with radioactive material. Please check with your doctor about taking medications on the day of the test (we prefer that medications such as Beta Blockers not be taken, unless your doctor says otherwise). Bring your current medications with you. As part of the test, it is necessary for you to lie flat on the exam table with both arms raised above your head for about 15 minutes per imaging scan. **Allow 3 hours for the test. IF YOU ARE OVER 300LBS, ALLERGIC TO ADENOSINE (ADENOSCAN, ADENOCARD), OR IF YOU ARE TAKING AMINOPHYLLIN OR HAVE ASTHMA, PLEASE CALL IN ADVANCE.**

