

**FOR ALL APPOINTMENTS,
PLEASE BRING YOUR MEDICATION**

A Friendly Reminder: If you have any concerns about the cost of testing, we want to remind you to contact your insurance company before you undergo a procedure. Each insurance contract is different. After talking to your insurance company, if you have any concerns, please let us know.

_____ **ECHOCARDIOGRAM:** Ultrasound images are taken of the heart. No preparation necessary. An IV may be necessary for administration of an echo contrast agent to improve visualization of the heart. **Allow 1 hour for the test.** If you have an appointment with a Cardiologist to review results following your testing, please allow 60 – 90 minutes in total.

_____ **EXERCISE TOLERANCE TEST (ETT) 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 instructed otherwise). Wear comfortable clothes and shoes. A light meal is OK and a nurse will call you two days prior to your appointments to review instructions. **Allow 1 hour for the test.** If you have an appointment with a Cardiologist to review results following your testing, please allow 60 – 90 minutes in total.

_____ **EXERCISE STRESS ECHO:** This test requires that you walk on a **treadmill** with ultrasound pictures taken before and after the exercise 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 instructed otherwise). **Allow 1 hour for the test.** If you have an appointment with a Cardiologist to review results following your testing, please allow 60 – 90 minutes in total.

_____ **EXERCISE STRESS ECHO (cont)** Please avoid eating a large meal just prior to the test. Wear comfortable clothes and shoes. An IV may be necessary for administration of an echo contrast agent to improve visualization of the heart. **Allow 1 hour for the test.** If you have an appointment with a Cardiologist to review results following your testing, please allow 60-90 minutes in total.

_____ **DOBUTAMINE STRESS ECHO:** This is a stress test for people who cannot adequately walk on a **treadmill**. A medication, Dobutamine, is administered intravenously which simulates exercise and makes your heart rate increase. Ultrasound images are obtained before, during and after the infusion. Please check with your doctor about taking routine medications on the day of the test (we prefer that medications such as Beta Blockers not be taken, unless instructed otherwise). Please avoid eating a large meal just prior to the test. A light meal is OK and a nurse will call you two days prior to your appointments to review instructions. **Allow 1 – 1 ½ hours for the test.** If you have an appointment with a Cardiologist to review results following your testing, please allow up to 2 hours in total.

_____ **NUCLEAR STRESS TEST:** For this procedure you walk on a treadmill and/or receive medication to stress the heart. A tracer substance is administered to assess adequate blood supply to the heart. You will receive an IV. Please wear comfortable clothing and shoes for exercising. As part of the test, it is necessary for the patient to lie flat on the exam table with both arms raised above their head for about 15 minutes per imaging scan. Patients are asked to check with their primary care physician (PCP) about taking routine medications on the day of the test (we prefer that medications such as Beta Blockers not be taken unless instructed otherwise). If you are diabetic please check with your provider for instructions. **(Nuclear Stress Test CONTINUED ON NEXT PAGE)**

____ **NUCLEAR STRESS TEST (CONTINUED):** Please avoid caffeine for 24 hours and no eating 4 hours prior to exam. **IF YOU ARE OVER 300LBS, ALLERGIC TO ADENOSINE (ADENOSCAN, ADENOCARD), TAKING AMINOPHYLLIN, OR HAVE ASTHMA, PLEASE CALL 341-6780 IN ADVANCE. Allow 3-4 hours for the test.** If you have an appointment with a Cardiologist to review results following your testing, please allow 4 ½ hours.

____ **ABDOMINAL AORTA ULTRASOUND:** Ultrasound images are obtained of the abdominal aorta, while lying flat. There is no IV. You must fast, with nothing to eat or drink, for a minimum of 6 hours prior to the scheduled study. Please take your daily medications with a sip of water. Allow 1 hour for the test. If you have an appointment with a Cardiologist to review results following your testing, please allow 60 – 90 minutes.

____ **CAROTID ULTRASOUND:** Ultrasound images are obtained of the arteries on both sides of your neck. There is no IV and no special preparation for this study. Please take your daily medications. **Allow 1 hour for the test.** If you have an appointment with a Cardiologist to review results following your testing, please allow 60 – 90 minutes.

____ **ABI STRESS TEST:** Blood pressures of the legs are obtained before and after a brief walk on the treadmill. There is no IV and no special preparation for this study. Please take your daily medications. **Allow 1 hour for the test.** If you have an appointment with a Cardiologist to review results following your testing, please allow 60 – 90 minutes.

____ **LOWER EXTREMITY DOPPLER:** Ultrasound images of the arteries from the hips to the knees are obtained. There is no IV and no special preparation for this study. Please take your daily medications. **Allow 1 hour for the test.** If you have an appointment with a Cardiologist to review results following your testing, please allow 60-90 minutes.

____ **TRANSESOPHAGEAL ECHOCARDIOGRAM:** This is an ultrasound of the heart from a probe located inside the esophagus. You will be sedated and a small probe will be passed into the esophagus for a more direct look at the heart. Please do not eat or drink for 6 hours prior to this procedure and you will have an IV placed for this study. The Highland Endoscopy Center will call you with detailed instructions, including where to park. You will need a driver. For any questions, please contact 341-6877. **Please take your daily medications with a sip of water. Please allow 3 hours for the test.** If you have an appointment with a Cardiologist to review results following your testing, please allow up to 4 hours.

____ **HOLTER MONITOR / EVENT MONITOR:** This monitor records your heartbeat for 24 hours to 30 days. Patches will be attached to your chest and wires will attach to a small box the size of a pager. You must return the monitor for analysis. **If you have no way to return the monitor to Highland Cardiology, please notify your provider.** There is no preparation needed however baths, showers and swimming are not allowed until the unit is removed. The unit can be removed at home and dropped off to the Cardiology department. **Allow 15-30 minutes for this procedure.** If you have an appointment with a Cardiologist to review results following your testing, please allow 1 hour.

FOR MORE INFORMATION or to make an appointment at URMC Cardiology at Highland Hospital, please call (585) 341-6780 or visit us online at www.highlandheart.urmc.edu