

GENERAL INFORMATION FOR ALL STRESS TESTING AND HOLTER MONITORS

Please wear two-piece, comfortable clothing. You will be asked to remove your shirt/top for the EKG monitoring patches to be applied. A cape will be provided for female patients. Please do not use lotion or powder on your chest the day of the test. Men may require shaving of chest hair.

SPECIFIC INSTRUCTIONS FOR NUCLEAR CARDIAC STRESS TESTS

- Please DO NOT take the following medications 24 hours before your test UNLESS instructed differently by your physician/provider:
 - Beta Blockers (Atenolol, Tenormin, Zebeta, Coreg, Lopressor, Metoprolol, Toprol, Corgard, Inderal or Propranolol)
 - These specific Calcium Channel Blockers (Cardizem, Cartia, Diltiazem, Tiazac, Verapamil, Calan, Covera, Verelan, or Isoptin)
- No caffeine or nicotine 24 hours prior to your test. No food or drink (except water) after midnight.
- If you are diabetic, you may have 1 slice of dry toast, 1 egg and an 8 oz. glass of juice at 6 or 7 am.
- You will have an IV started in your hand/arm prior to the test beginning. This allows us to give you an imaging medication that highlights your heart muscle.
- Test time takes approximately 4 hours but you are not exercising or taking pictures the entire time. There is waiting time between stages of the test so bring a form of entertainment or work with you and a snack that you can eat when you are advised to do so.

APPROXIMATE TEST TIME: 4 HOURS.

SPECIFIC INSTRUCTIONS FOR STRESS TEST/STRESS ECHOCARDIOGRAM TEST

- Please DO NOT take the following medications 24 hours before your test UNLESS instructed differently by your physician/provider:
 - Beta Blockers (Atenolol, Coreg, Tenormin, Zebeta, Lopressor, Metoprolol, Toprol, Corgard, Inderal or Propranolol)
 - These specific Calcium Channel Blockers (Cardizem, Cartia, Diltiazem, Tiazac, Verapamil, Calan, Covera, Verelan, or Isoptin)
- No caffeine on the day of your stress test. No nicotine for at least 4 hours prior to your stress test
- No food or drink (except water) at least 3 hours prior to your stress test.
- Occasionally in the event that we are not able to obtain a clear picture of your heart, an IV will be started in your arm so a contrast medication may be given.
- If you are to have a Dobutamine Stress Test, an IV will be started in your arm in order to give you a medication that will help increase your heart rate that is needed for the test.

APPROXIMATE TEST TIME: 1 HOUR. DOBUTAMINE STRESS TEST 1.5 HOURS.

SPECIFIC INSTRUCTIONS FOR PERIPHERAL TESTING

For a Peripheral Test, you will need to undress from the waist down and a sheet will be draped to cover you.

APPROXIMATE TEST TIME: 30 MINUTES.

SPECIFIC INSTRUCTIONS FOR CT ANGIOGRAM SCANS

An instruction sheet with directions to the Carrell Clinic Building will be sent to you once you have been scheduled for the scan.

APPROXIMATE TEST TIME: 30 MINUTES.

YOUR TEST WILL BE SCHEDULED AT ONE OF THE FOLLOWING CONVENIENT CIVA LOCATIONS

[] **MAIN OFFICE** 7150 Greenville Avenue, Suite 500, Dallas, TX 75231-7906. **214.369.3613**

DIRECTIONS: Two lights south of Walnut Hill Lane and directly east of Presbyterian Hospital of Dallas. Located in the Greenville Medical Tower. Check in on the 5th floor.

[] **GREENVILLE OFFICE** Presbyterian Professional Bldg., 4211 Joe Ramsey Blvd. E., Suite 101, Greenville, TX 75401 **903.408.7920**

DIRECTIONS: Located in Presbyterian Hospital of Greenville, first floor, Suite 101, first office left of the main entrance.

[] **ROCKWALL OFFICE** 1005 West Ralph Hall Pkwy., Suite 137, Rockwall, TX 75032 **214.369.3613**

DIRECTIONS: Located two blocks south of Highway 30 near the intersection of Horizon Road and West Ralph Hall Parkway.

[] **CARRELL CLINIC OFFICE (CT SCANS)** 9301 N. Central Expressway, Tower 1, Suite 410, Dallas, TX 75231-0805 **214.265.6350**

DIRECTIONS: Located on I-75 (Central Expressway) feeder road, on the west side, one block south of Walnut Hill Lane

CANCELLATION POLICY

Please let us know 24 hours in advance if you need to cancel a test appointment. Call 214.369.3613, which is answered 24 hrs/day.