

Cardiovascular Consultants of Carroll County Patient Instructions for Nuclear Stress Tests*

APPOINTMENT:	<p>You are scheduled for a nuclear stress test on:</p> <p>DATE: _____ TIME: _____</p> <p>If you are unable to keep this appointment, you must call our office a minimum of one business day before your scheduled time. Failure to do so will result in a \$150.00 charge posted to your account. This charge is to recuperate the cost for special testing agents which have been ordered specifically for your exam only. Please call (410) 871-9800 at least one business day prior to reschedule or to cancel this appointment.</p>
LOCATION:	<p>Cardiovascular Consultants of Carroll County Charles O. Fisher Medical Building, 193 Stoner Ave., Suite 340 Westminster, MD 21157 Phone: (410) 871-9800</p>
HOW LONG WILL IT TAKE?	<p>The study will take approximately 3 1/2 hours.</p>
PREPARATION:	<ol style="list-style-type: none"> 1. Do <u>NOT</u> eat or drink 6 hours prior to your test. <p><i>(If your test is scheduled <u>after 12:00 noon</u>, you may have a light breakfast of juice and toast before 7 AM and then do not eat or drink after 7 AM.)</i></p> <ol style="list-style-type: none"> 2. Do <u>NOT</u> consume anything that contains caffeine (coffee, tea, iced tea, soda, energy drinks, decaffeinated coffee or tea or soda, chocolate, or hot cocoa, etc.) for <u>24 hours</u> prior to your test. 3. Please inform us if you are or may be pregnant. It is your responsibility to inform us of any possibility of pregnancy or if you are breast feeding. 4. Wear comfortable clothes and walking shoes or sneakers. (No dresses or heels please.) 5. Please bring a sweater or sweatshirt since our testing area is kept cool to maintain proper function of the equipment. 6. You do NOT need anyone to drive you to the testing facility. 7. Please bring: - this order form, your medications (including any respiratory inhalers for breathing), and your insurance card(s) - including insurance co-pay and/or referral 8. <u>An intra-venous line will be placed for the entire procedure. It will be removed upon completion of the stress test.</u>
MEDICATIONS:	<ol style="list-style-type: none"> 1. Take your morning medications as usual, <i>except</i> for Insulin (any form) and oral diabetic medications. These should <u>NOT</u> be taken the morning of your test since you are fasting. 2. <i>If your test is scheduled in the afternoon</i>, reduce your insulin dose by half since you are able to have juice and toast before 7 AM. Do <u>NOT</u> take any oral diabetic medications until the test is completed. 3. Do not take your _____ on _____. 4. If you are taking Viagra or similar type of medications, discontinue use for 24 hours prior to your test. 5. Bring your medications and inhalers with you.
TEST RESULTS AND QUESTIONS?	<p>Your physician who ordered this test will discuss the results with you. If you have any questions or concerns regarding your appointment, please do not hesitate to call Cardiovascular Consultants of Carroll County at (410) 871-9800.</p>

***Please Note: For patient-specific instructions, please talk to your attending cardiologist or primary care physician.**