

Diagnostic Imaging

Cardiac Diagnostics Patient Preparation and Information

***Please arrive 15 minutes prior to your appointment to allow time for registration and hold your appointment time.**

Regular Exercise Stress Test (Duration: 45 mins)

- Bring a current list of any medications you are taking
- Wear loose fitting, comfortable clothing including rubber sole walking/running shoes
- Avoid alcoholic beverages for a minimum of 24 hours prior to the test
- Avoid smoking for a minimum of two (2) hours prior to the test

Holter Monitor 24 hr, 48 hr, 72hr, or 14 days (Duration: 30 mins)

- No special preparation required
- Bring a current list of any medications you are taking

Echocardiogram (Duration: 60 min)

- Avoid the use of powder or creams on your chest or stomach the day of your test

Transesophageal Echocardiogram (Duration: TEE - 2 to 3 hours)

- Have nothing to eat or drink after midnight prior to your test. You may take your medications in the morning with a sip of water.
- You will be receiving a sedative. You must arrange for a responsible adult to drive you home from the hospital after your test.
- DO NOT DRIVE for 24 HOURS
- Bring a current list of any medications you are taking

Exercise Stress Echocardiogram (Duration: 2 hours)

- Bring a current list of any medications you are taking
- Wear loose fitting, comfortable clothing including rubber sole walking/running shoes

Echocardiogram with Ultrasound Enhancing Agent (Definity) (Duration: 1.5 hours)

- Bring a current list of any medications you are taking
- An intravenous line will be inserted into your arm to deliver the contrast agent

Instructions for In-patient and Out-patient TEE

- No food or drink for 6 hours prior
- Meds with sips can be given at least 2 hours prior (with preference to AVOID diuretics if possible)
- Patient must have IV access
- No driving for 24 hours post TEE
- Please indicate on requisition if patient has previous surgery or known disease of esophagus or stomach