

## Diagnostic Testing Instructions

Appointment Date: \_\_\_\_\_ Time: \_\_\_\_\_ AM/PM Location: \_\_\_\_\_

You have been scheduled for the test selected below. Please review and follow the instructions below. If you have any questions, please call 877- 415-4116. Your test may take up to 1-1/2 hours. Please arrive 30 minutes prior to your appointment time.

- Echocardiogram
  1. Please do not apply lotions or powder to your chest the day of the test.
  2. You may take all of your medications prior to testing.
- Carotid Ultrasound
  1. Please do not wear anything tight fitting around your neck
  2. You may take all of your medications prior to testing.
- Lower Extremity Ultrasound
  1. Please wear comfortable shorts so your legs are easily accessible.
  2. You may take all of your medications prior to testing.
- Abdominal Ultrasound
  1. If your appointment is between the hours of 8:00AM and 1:00PM, do not eat, drink, or smoke after midnight.
  2. If your appointment is between the hours of 1:00PM and 4:00PM , you may have a light breakfast (toast, water or fruit) prior to 7:00AM. Please DO NOT eat dairy products.
  3. Bring a list of all medications, including the dose and how often you take each of them.
  4. You may take all of your medications prior to testing.
- Treadmill Stress Test or Stress Echocardiogram
  1. Do not eat, drink, or smoke two hours prior to your appointment. (Please eat regular meals and drink plenty of fluids the day before your stress test.) If you are a diabetic, please make sure you eat two hours prior to your stress test and bring a snack or juice for after you have completed your test.
  2. Bring a list of all medications, including the dose and how often you take each of them.
  3. Bring or wear comfortable shorts or pants and tennis shoes or other rubber soled shoes that will be comfortable to walk in. Please do not wear sandals or other backless shoes.
  4. Please do not apply lotions or powder to your chest area on the day of your stress test.
  5. You may wish to bring a towel in the event that you exercise long enough to work up a sweat.
  6. Please do not take these medications 24 hours prior to your treadmill stress test or stress echocardiogram unless otherwise instructed by your physician:

<i>Acebutolol</i>	<i>Carrol</i>	<i>Lopresso</i>	<i>Tarka</i>
<i>Adalat CC</i>	<i>Carvedilol</i>	<i>Metoprolol</i>	<i>Tenormin, Tenoretic</i>
<i>Atenolol</i>	<i>Coreg</i>	<i>Nadalol</i>	<i>Timolol</i>
<i>Betapace</i>	<i>Corgard</i>	<i>Nitroglycerine</i>	<i>Toprol XL</i>
<i>Bisoprolol</i>	<i>Covera HS</i>	<i>Normodone, Transate</i>	<i>Verapamil</i>
<i>Blocadren, Timolide</i>	<i>Kerlone</i>	<i>Penbutolol</i>	<i>Verelan</i>
<i>Bystolic</i>	<i>Imdur</i>	<i>Persantine</i>	<i>Viskin</i>
<i>Calan</i>	<i>Inderal, Inderide</i>	<i>Pindolol</i>	<i>Ziac</i>
<i>Cardizem Cd</i>	<i>Isotopin</i>	<i>Propanolol</i>	<i>Zebeta</i>
<i>Cartia XT</i>	<i>Labetalol</i>	<i>Sectral</i>	
<i>Carteolol</i>	<i>Levatol</i>	<i>Sotalol</i>	

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