



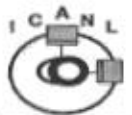
**ACADEMIC
CARDIOLOGY
ASSOCIATES**

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Nuclear Cardiology
Accredited Nuclear
Cardiology Laboratory



Accredited Echocardiography
Laboratory

Date: _____ Time: _____

Please arrive 15 minutes early for insurance verification

- TREADMILL MPI (TEST LENGTH: approx. 2.5 HOURS)
- LEXISCAN MPI (TEST LENGTH: approx. 2.5 HOURS)
- STRESS ECHOCARDIOGRAM (TEST LENGTH: approx. 1 HOUR)
- ECHOCARDIOGRAM (TEST LENGTH: approx. 1 HOUR) *NO PREP
- ROUTINE STRESS TEST (TEST LENGTH: approx. 45 MINUTES) *NO PREP

TEST PREP:

The quality and accuracy of the test is affected by the preparation for the test. If you are not properly prepped you will be rescheduled.

1. **Do not eat or drink 4 hours prior to your test.** The only exception is a small amount of water with medication.
2. **Do not smoke cigarettes, pipes, or cigars at least 12 hours** before the test.
3. **Do not drink or consume any caffeinated or decaffeinated products for at least 12 hours prior to your test time.** (Coffee, tea, soda pop, chocolate, energy drinks, etc.) Caffeine will make your test inaccurate and the test will need to be rescheduled.
4. Please hold the following medications that contain caffeine for at least 12 hours: Anacin, Excedrin, Vivarin, NoDox, Cafergot, Esgic, Fioricet, Fiorinal, Norgesic Forte, Synalgos-DC, and Wigraine.
5. If you are scheduled for a **LEXISCAN MPI**
 - *HOLD the following medication for **12 hours**: Aerolate, Constant-T, Elixophylline, Quibron, Respid, Slo-bid, T-Phyl, Tedral SA, Theo-24, Theoclear, Theo-Dur, Theolair, Theo-Organdin, Theo-Sav, Theostat, Theo-X
 - *HOLD the following medications for **48 hours**: Aggrenox, Premole and Persantine
6. Take all regularly scheduled medication (with sips of water) unless your physician has told you otherwise.
7. If you are taking medication for diabetes and cannot fast for 4 hours prior to the test, please call the office for further instructions.
8. Do not use bath oil, lotion or powder the morning of the test. You may use deodorant.
9. If your test requires you to exercise on a treadmill, please wear or bring comfortable walking/exercise type of shoes: Flip flops, open-backed shoes, and high heels are not appropriate for the treadmill.
10. Cloth gowns will be available if needed as well as lockers to put your belongings in. It is not necessary for you to have a driver.
11. If you are unable to keep this scheduled appointment, please contact our office 24 hours in advance at **248-293-0055**. You may be charged a service fee for not showing up for your test.
12. Bring this form and the completed stress test questionnaire form (if provided) with you to the appointment.

MYOCARDIAL PERFUSION STRESS TEST : Treadmill MPI or Lexiscan MPI *(Plan for test to take 2.5-3 hours)*

Myocardial Perfusion Stress tests (MPI), sometimes called nuclear stress tests, come in two varieties: Exercise (**Treadmill MPI**) and pharmacological/non-exercise (**Lexiscan MPI**). Your doctor decides which type of MPI is best suited based on your medical history. Both tests utilize a radioactive tracer called Myoview that is given through an IV inserted in your hand or arm. This tracer will help evaluate how well the blood supply is going to your heart. Your doctor has recommended a MPI test because the benefit of evaluating your heart outweighs the risk of the small radiation exposure. A camera will scan the tracer that has localized in your heart at rest and after your stress test (treadmill or pharmacologic). The images of your heart will help your physician identify areas of the heart where coronary artery disease may have reduced blood flow. When the test is complete, you will be able to go about your day normally. You will not need a driver.

ECHOCARDIOGRAM – **No preparation is necessary for this test** *(Plan for test to take 45 minutes – 1 hour)*

An echocardiogram, sometimes called an "echo," is an imaging test that uses sound waves that are bounced off your heart to create a moving picture of your heart muscle and its valves. It shows how well your heart is working, as well as how large your heart is. An echo is a safe procedure. Small electrodes are placed on your chest to monitor your heartbeat. A transducer coated with gel is moved firmly over your chest. This device creates the sound waves that make the images of your heart. At times, you may be asked to inhale or exhale and to hold your breath for a few seconds.

TREADMILL STRESS ECHO *(Plan for test to take 1 hour)*

A treadmill stress echo is a combination of an echocardiogram and walking stress test. Echo images will be taken before and immediately after exercise to compare the function of your heart. Prior to imaging, you will be hooked up to a continuous EKG and will remain monitored for the duration of the exam. Blood pressure will be taken before, in intervals during, and after the exercise portion. When heart rate criteria is met, the Exercise Physiologist will give a countdown and the treadmill will then stop abruptly and you will need to quickly lie down so peak echo images can be performed.

TREADMILL ONLY (ROUTINE) STRESS TEST *(Plan for test to take 1 hour)*

During an exercise treadmill stress test you will be hooked up to an electrocardiogram (EKG) and instructed to walk on a treadmill to determine the heart's response to physical activity. Your blood pressure and heart rhythm are also monitored during the test. The test can show if there's a lack of blood supply through the arteries that go to your heart. The results also aid in the detection of the disease which causes heart attacks, helps determine cardiovascular fitness, and the safety of an exercise program.

Please note that children are not allowed in our testing areas while diagnostic testing is being performed. Visitors and children are welcome in our main waiting area and children must be attended by an adult.

Please arrive 15 minutes prior to your scheduled procedure.

If you have specific questions regarding your upcoming test, please call 248-293-0055