

PATIENT INTRUCTIONS

If you have questions concerning these instructions or your test, please call **(205) 510-5000**.

FOR RENAL ARTERY DUPLEX ULTRASOUND OR ABDOMINAL AORTA ULTRASOUND – no food or drink 6 hours prior to test.

FOR NUCLEAR CARDIAC STRESS TEST, PET CARDIAC STRESS TEST, STRESS ECHO OR GXT STRESS TEST (SEE BELOW)

PREPARING FOR THE TEST

- NO caffeine or decaf products 24 hours prior to the test (AVOID ALL soft drinks, chocolates, coffee and teas including decaffeinated coffee and tea, which do contain a small amount of caffeine)
- DO NOT eat or drink ANYTHING except water 4 hours prior to the test.
- DO NOT smoke or use any tobacco and nicotine products (patches, gum, etc) 4 hours prior to the test
- TAKE ALL your daily medications with water on the day of the test EXCEPT those listed below under “ Medications that Should NOT be taken prior to the test”.

DAY OF THE TEST

Bring a comfortable pair of walking shoes or sneakers with you to the test. Wear a comfortable, casual outfit. Women, do not wear a dress. Men, do not wear overalls or coveralls. Bring a list of medications with you and any you are currently taking.

MEDICATIONS THAT SHOULD NOT BE TAKEN PRIOR TO THE TEST

- DO NOT TAKE “Beta Blockers” for 24 hours before the test and DO NOT Take on the morning of the test.
EXAMPLES of those NOT to take include: Atenolol, Tenormin, Metoprolol, Lopressor, Toprol, Zebeta. **ONE EXCEPTION:** “Coreg” should be CONTINUED as usual and taken on the morning of the test.
- DO NOT take Viagra or Levitra or similar type medications for 48 hours prior to test
- Persantine, Dipyridamole, Trental, Aggrenox and Theophylline containing drugs should be held for 48 hours before test.
- DO NOT take Cialis or similar type medications 7 days prior to test.

NOTE* - If you have any questions regarding your medication(s), please discuss with your physician or our staff before your test.**

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