

PATIENT INSTRUCTIONS:

- If you need to cancel your test, please give the Michigan Heart office a **48 hour notice to avoid a “no show” fee.**
- Please arrive 15 minutes prior to your scheduled appointment to allow time for check in.
- Bring your test requisition, insurance card(s), and insurance authorization (if needed) with you to check-in.
- Bring a complete list of your current medications and drug allergies.
- Michigan Heart may call you to remind you of your test date and time and to discuss test preparation. Messages may be left on your answering machine. If you object to receiving such messages, please let us know.
- **For Ann Arbor, Brighton and Canton Patients:**
If you do not currently have a St. Joseph Hospital registration number, please call 1-877-791-2051 (toll free) prior to your appointment to obtain one.
- Please refer to our website www.michiganheart.com for further information regarding your test(s).

STRESS TESTS: (See Box Below For Preparation Instructions):

- Standard Treadmill Test - Test length approx. 1 hour
- Stress Echocardiogram - Test length approx. 1 hour
- Dobutamine Stress Echocardiogram - Test length approx. 1 - 1.5 hours
- Treadmill Stress Test with Myocardial Perfusion - Test length approx. 3 hours
- Dobutamine Stress Test with Myocardial Perfusion - Test length approx. 3.5 hours
- Adenosine Stress Test with Myocardial Perfusion - Test length approx. 3.5 hours
 - Do not take the following medications within 48 hours before your test :
 - Dipyridamole (Persantine), Aggrenox, Aminophylline, Trental, Pletal, and headache medications that contain caffeine.

PATIENT PREPARATION INSTRUCTIONS FOR STRESS TESTS:

- 1) Wear 2 piece outerwear clothing. Please wear walking shoes and pants if walking on the treadmill.
- 2) No caffeinated or decaffeinated products (i.e. coffee, chocolate, colas, or tea) for *24-hrs* prior to the test.
- 3) Nothing to eat or drink *4-hours* prior to the test.
 - Diabetic Patients may have a light snack of toast & 6oz. juice prior to the test if feeling symptoms of low blood sugar.
 - Do not take your oral diabetes medications the day of the test.
 - **Insulin dependant diabetics:** Take $\frac{1}{2}$ of your normal dose of insulin the morning of test. If you take insulin in evenings only take $\frac{1}{2}$ of your normal dose the evening before your test. Follow your ordering physician's instructions if advised differently.
- 4) Check with your doctor if meds such as beta-blockers, nitrates, or calcium channel blockers should be held for the test.

Echocardiogram – Test length approx. 1 hour

- No preparation is necessary for this test

Abdominal / Renal Vascular Ultrasound – Test length approx. 1 hour

- Follow first 3 Transesophageal Echocardiogram Preparation Instructions Below (No Preparation required for other Vascular Testing)

Transesophageal Echocardiogram (TEE) – Test length approx. 2-3 hrs (*Jackson patients - follow Allegiance Health Instructions*)

- 1) Nothing to eat or drink after midnight prior to your test.
- 2) Take medications in the morning with a sip of water, except diuretic / water pills and diabetic medications.
- 3) Do not take your **diabetes medications (including insulin)** on the day of your test.
- 4) This test requires an adult (over 18 years of age) to stay during the procedure and drive the patient home.

Electrocardiogram (EKG) – Test length approx. 15 minutes

- No preparation is necessary for this test

Holter Monitor Hook Up – Test length approx. 30 minutes

- Wear loose top, blouse, or shirt that opens in the front
- Do not use powder, body oils, or lotions on the chest

30 –Day Event Monitor Hook Up - Test length approx. 30 minutes (You will need access to a phone land line for this test)

- Wear loose top, blouse, or shirt that opens in the front
- Do not use powder, body oils, or lotions on the chest

