



CARDIOLOGY CONSULTANTS, LTD.

Cardiovascular Imaging Centers
www.cardioconsultantsva.com

Nuclear Medicine

☒ Nuclear Stress Test

Preparation:

- 1) No food or drink after midnight the evening before the exam (diabetics may have a piece of toast and a cup of juice with insulin).
- 2) **No caffeine 24 hours prior to test.**
- 3) Bring a list of all current medications.
- 4) Wear comfortable clothes and walking shoes. (women wear slacks)

Overview:

An IV will be inserted into the arm or hand. You will then receive a small safe injection of radioactive material. After a short waiting period, several pictures of the heart will be taken. EKG pads will be placed on your chest to closely monitor your heart. Depending on the type of exam your doctor ordered, you will either be exercising on a treadmill, or a medication will be injected to simulate the effects of exercise on the heart. This portion of the test takes approximately 2 hours. You will then be given a time to return for another set of pictures (you are permitted to eat during this period). One of our cardiologists will then interpret the study and the results will be sent to the ordering physician.

☒ MUGA Scan

Overview:

There is no preparation for this scan. When you arrive an IV will be placed in your arm. A small injection of a tagging material will be given. This will circulate for approximately 15 minutes. A second small, safe injection will then be given of radioactive material. Three pictures of your heart will be acquired (approximately 10 minutes each).

Echocardiogram

☒ Echocardiogram:

An echocardiogram is an ultrasound of the heart. Occasionally an IV may be required during the course of the exam (this depends on the reason for the echo). There will be no dyes or medications given, only a saline/dextrose mixture or an image enhancing agent. The IV will be removed promptly upon test completion. This exam takes approximately 45 minutes and there is no preparation required.

☒ Stress Echo/Dobutamine Stress

Echo:

Preparation:

- 1) No food or drink 4 hours before test.
- 2) Bring a list of all current medications.
- 3) Wear comfortable clothes and walking shoes. (women wear slacks)

Overview:

A stress echo is a combination of an echocardiogram (an ultrasound of the heart) and a stress test. First a resting ultrasound will be taken, then you will walk on a treadmill. If you are unable to adequately or safely utilize a treadmill, a medication may be administered to achieve the same goals. An IV will be started to administer the medication called Dobutamine, which is a very short acting medication. This exam takes approximately 45 minutes.

Peripheral

☒ Arterial Evaluations of the Lower Extremity:

This is a procedure used to screen for peripheral vascular disease (PVD) or blockages in the arteries. The technologist will wrap a blood pressure cuff around each ankle and arm, and measure the blood pressure at these levels. This test may be ordered with exercise as well. This examination takes approximately 1 hour.

Peripheral (cont.)

☒ Venous Duplex Examination:

This examination uses ultrasound to help diagnose blood clots in the veins. The examination takes approximately 45 minutes.

☒ Carotid Duplex Examination:

This examination is an ultrasound test of the arteries in the neck that lead to the brain. The examination takes about 45 minutes. You should wear a loose fitting shirt that does not have a high neck.

☒ Renal Artery/Aortic Duplex/ Mesenteric:

A duplex ultrasound scan of the blood vessels in the abdomen is performed. The examination takes approximately 1 hour. Preparation for this test is no food or drink after midnight prior to the examination.

Other Services

☒ Regular Stress Test:

When you arrive electrocardiogram pads will be placed on your chest. You will then walk on a treadmill for as long as you can while a trained observer closely monitors your heart. Wear comfortable clothes (women wear slacks) and walking shoes. Bring a list of all current medications.

☒ Holter Monitor:

The nurse will place 5 EKG patches on your chest with a little box recorder around your waist. You will wear the monitor for 24 hours. Your daily activities are not restricted. However, you will not be able to shower or bathe while wearing the monitor. You will then remove the monitor at 24 hours from when you received it and return it to the office by 5 pm. An additional 24 hours may be required.

☒ Event Recorder:

For 30 days, you will wear a small recording device to record your rhythm during symptoms.

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