

**NORTH TEXAS HEART CENTER**  
**EXAM DESCRIPTION AND PREPARATIONS**  
**(PLEASE ARRIVE 15 MINUTES PRIOR TO YOUR TEST TIME)**

- ♥ **ECHOCARDIOGRAM:** Ultrasound scan of the heart using a probe that is rubbed across the chest. Used to evaluate muscle and valve functions of the heart. The test takes approximately 30 minutes. No preparation needed. No dresses or one piece outfits please.
  
- ♥ **STRESS TEST:** Evaluate a person's clinical status while exercising. Heart rate, blood pressure, heart rhythm and EKG are monitored while the patient walks on a treadmill. Exercise time will vary but generally, the test takes approximately 30-45 minutes. **Do not eat or drink anything 3 hours prior to the test.** You may drink water. **NO CAFFEINE.** Diabetics should continue usual diet and medications. Medications should be taken as prescribed. No body lotions or oils the day of the test. Wear loose clothing and sneakers. No dresses or one piece outfits please.
  
- ♥ **STRESS ECHO:** Advanced and more sensitive form of stress test utilizing Echocardiogram before and after the stress test. Used to determine if heart arteries are blocked. The test approximately 1 hour. **Do not eat or drink anything 3 hours prior to the test.** You may drink water. **NO CAFFEINE.** Diabetics should continue usual diet and medications. Medications should be taken as prescribed. No body lotions or oils the day of the test. Wear loose clothing and sneakers. No dresses or one piece outfits please.
  
- ♥ **DOBUTAMINE STRESS ECHO:** A Stress Echo, but the patient does not walk on a treadmill. An intravenous medication called Dobutamine is infused through an IV. This medication mimics the affect of an exercise while the patient rests on a bed. This test is for patients with physical limitations who cannot walk on a treadmill. The test takes approximately 1 and ½ hour. **Do not eat or drink anything 3 hours prior to the test.** You may drink water. **NO CAFFEINE.** Diabetics should continue usual diet and medications. Medications should be taken as prescribed. No body lotions or oils the day of the test.
  
- ♥ **CAROTID DOPPLER:** Ultrasound scan of the carotid arteries using a probe that is rubbed on the sides of the neck. It evaluates the blood flow to detect narrowing or clots with in the carotid arteries. No preparation needed. No turtlenecks shirts. The test takes approximately 45 minutes to 1 hour.
  
- ♥ **ARTERIAL DOPPLER (WITHOUT EXERCISE):** A small Doppler probe is placed on multiple sites of the legs and arm to detect blood flow. The test takes 1 hour. No preparation is needed. Wear loose clothing and comfortable shoes. Medications should be takes as prescribed.
  
- ♥ **ARTERIAL DOPPLER (WITH EXERCISE):** An extensive arterial Doppler with the addition of a slow walk on a treadmill to evaluate the flow of blood. The test takes 1 hour and no preparation is required. Wear comfortable clothes and shoes. Medications should be takes as prescribed.
  
- ♥ **VENOUS DOPPLER:** An ultrasound scan using a small probe that evaluates the veins with imaging and Doppler. The test takes 1 hour. No preparation is needed. Wear comfortable clothing. Medications should be taken as prescribed.
  
- ♥ **ABDOMINAL AORTA SCAN:** An ultrasound scan that includes blood flow detection and imaging using a small probe that is placed on the abdomen. **If you have an appointment before noon please have nothing to eat or drink after midnight and bring your medicines with you to the appointment to take after the test. For an afternoon appointment, please no food or drink for 3 hours prior to the test.** The test takes approximately 30 minutes.
  
- ♥ **HYBRID MYOCARDIAL PERFUSION WITH STRESS:** A form of Stress Test that involves injecting a small amount of radioactive substance through a vein in the arm. The test is done in two stages. The initial stage takes about 30 minutes and the patient is imaged in the resting state. In the second stage the patient is required to walk on a treadmill. Following the treadmill the patient is again imaged. The total time of the entire study is approximately 60-90 minutes. **Do not eat or drink anything 3 hours prior to the test.** You may drink water. **NO CAFFINE FOR 12 HOURS.** Diabetics should continue usual diet and medications. Medications should be takes as prescribed. No body lotions or oils the day of the test. Wear loose clothing and sneakers. NO dresses or one piece outfits please.
  
- ♥ **HYBRID MYOCARDIAL PERFUSION WITH LEXISCAN:** A form of stress test that involves injecting a small amount of a radioactive substance and a chemical called Lexiscan through a vein in the arm. The test is done in two stages. The initial stage takes about 30 minutes. The patient is imaged in the resting state. After the resting pictures are finished the chemical infusion is performed. A medication called Lexiscan is infused over six minutes instead of the patient walking on the treadmill. The patient is then instructed to leave, eat a meal and return in one hour for another set of pictures. When the patient returns imaging will be performed again. The total time of the study is approximately 120-180 minutes. **Do not eat or drink anything 3 hours prior to the test.** You may drink water. **NO CAFFEINE OR DECAFFEINATED PRODUSCTS 12 HOURS PRIOR TO THE TEST AND NO CHOCOLATE.** Diabetics should continue usual diet and medications. Medications should be taken as prescribed. No body lotions or oils the day of the test. No dresses or one piece outfits please. If you are on the medication Dipyridamole, please hold for 48 hours.
  
- ♥ **MUGA:** A small amount of radioactive substance is injected into a vein in the arm. The patient lies on a bed while pictures of the heart are taken at different angles. This is used to determine the efficiency of the heart. The test takes approximately 45 minutes. No preparations are needed.