

North Texas Heart Center
Exam Descriptions and Preparations
(PLEASE ARRIVE 15 MINUTES PRIOR TO YOUR TEST TIME)

- ♥ **ECHOCARDIOGRAM:** Ultrasound 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 an Echocardiogram before and after the stress test. Used to determine if the heart arteries are blocked. The test takes 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 effects 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 ½ hours. **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 within the carotid arteries. No preparation needed. No turtleneck shirts. This 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/or arms to detect blood flow. The test takes 1 hour. No preparation is needed. Wear loose comfortable clothing and shoes. Medications should be taken as prescribed.

- ♥ **ARTERIAL DOPPLER (WITH EXERCISE):** An extensive arterial Doppler with the addition of light exercise to evaluate the blood flow. The test takes 1 hour. No preparation is needed. Wear loose comfortable clothing and shoes. Medications should be taken 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 which is placed on the abdomen. **If you have an appointment before noon please have nothing to eat or drink after midnight. Bring your medications 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.

- ♥ **TREADMILL MYOCARDIAL PERFUSION:** A form of Stress Test that involves injection a small amount of radioactive substance through a vein in the arm. The test is done in two stages. The initial stage takes about 60 minutes. The patient is imaged in the resting state. In the second stage the patient is required to walk the treadmill. Following the treadmill, the patient is imaged again. The total time of the study is 90 to 120 minutes. Do not eat or drink anything except **WATER** 3-4 hours prior to the test. **NO CAFFEINE or DECAFFEINATED PRODUCTS FOR 12 HOURS prior to the test.** Diabetics should continue usual diet and medications. Please hold drugs labeled as Beta Blockers. All other medications should be taken as prescribed. No body lotions or oils on the chest or abdomen the day of the test. Wear loose clothing and sneakers. Please do not wear dresses or one piece outfits.

- ♥ **LEXISCAN MYOCARDIAL PERFUSION:** A form of Stress Test that involves injection a small amount of 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 60 minutes. The patient is imaged in the resting state. In the second stage, the Lexiscan is injected into the vein over 10 seconds while the patient sits in a chair. Once this is completed, the patient is instructed to eat a snack and return in 45-60 minutes for imaging. The total time of the test is approximately 120-180 minutes. Do not eat or drink anything except **WATER** 3-4 hours prior to the test. **NO CAFFEINE or DECAFFEINATED PRODUCTS FOR 12 HOURS prior to the test.** No chocolate. No Theophylline for 12 hours. No Aggrenox/Dipyridamole for 48 hours prior to the test. Diabetics should continue usual diet and medications. No body lotions or oils on the chest or abdomen the day of the test. Wear loose clothing. Please do not wear dresses or one piece outfits. No treadmill is involved with this type of stress test.

- ♥ **MUGA:** A small amount of radioactive substance is injected into a vein in the arm. The patient lies on the imaging bed for about 20 minutes. This test is used to determine the efficiency of the heart. The test takes approximately 60 minutes. No preparations are needed.