



Please arrive at your scheduled appointment time. Late arrivals may be asked to reschedule, which could result in cancellation fees. Approximate appointment times are noted below beside each test in brackets. For safety and privacy reasons, only patients are permitted in the testing areas. If you have special needs or require accommodations, please arrive in advance.

Diagnostic Testing Instructions

Echocardiogram (45 min.)

Available in King George or Fredericksburg

1. Please do not apply lotion or powder to your chest the day of the test.
2. You may take all your medications prior to testing.

ALL TESTS BELOW ARE AVAILABLE IN THE FREDERICKSBURG LOCATION ONLY.

Carotid Ultrasound (30 min.)

1. Please do not wear anything tight fitting around your neck.
2. You may take all your medications prior to the testing.

Venous/Reflux/Arterial Ultrasound (1 hour)

1. You may take all your medications prior to the testing.

Abdominal/Renal/Iliac (IVC)/Mesenteric Ultrasound (45 min.-1 hour)

1. Do not eat or drink anything 6 hours prior to testing (water is ok).
2. You may take all your medications prior to testing.

ABI (30 min.)

1. Avoid any caffeine, alcohol or smoking 1 hour prior to testing.
2. You may take all your medications prior to the testing.

Treadmill Stress test (PST) or Stress Echocardiogram (up to 1 hour)

1. Do not eat or drink 4 hours prior to testing (water is ok).
2. Wear appropriate clothing and shoes for a treadmill.
3. Avoid caffeinated/decaffeinated products: coffee, tea, soda and chocolates for 12 hours prior to testing.
4. Stop medications listed to the right on this form as directed. Please bring them with you, and we will have you take them at a certain point during the test. Take all other medications.

Nuclear Stress Tests (Exercise and Lexi) (up to 4 hours)

1. Testing takes approximately 4 hours to complete. An IV will be started after arrival.
2. Do not eat or drink anything besides water to hydrate for the IV for 4 hours prior to testing.
3. Do not use tobacco products 12 hours prior to testing
4. Avoid caffeine, decaffeinated products: coffee, tea, soda, and chocolates 24 hours prior to testing.
5. Stop medications listed to the right on this form as directed. Please bring them with you, and we will have you take them at a certain point during the test. Take all other medications.
6. Wear appropriate clothing and shoes for a treadmill

Hold 48 hours

Cialis/Tadalafil

Hold 24 hours

Viagra/Sildenafil

Livtra/Vardenafil
nitroglycerin

BETA BLOCKERS

Hold 24 Hours

Zebeta/Bisoprolol

Tenormin/Atenolol

Coreg/Carvedilol

Corgard/Nadolol

Lopressor/Metoprolol
Tartrate

Inderal/Propranolol

Betapace/Sotalol

Toprol XL/Metoprolol
Succinate

Bystolic/Nebivolol

Please note: Due to the cost of certain tests, we kindly ask that you notify us at least 24 hours in advance if you are unable to keep your appointment. Failure to provide adequate notice may result in a cancellation or no-show fee ranging from **\$100.00 to \$280.00**.

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