

Patient Name:	DATE	TIME	TEST	APPOINTMENT LOCATION
<p>Instructions for your scheduled tests are attached.</p> <p><b><u>Please review and follow the instructions for your scheduled tests.</u></b></p>				<p><b>1 Columbia Street 115 Delafield Street Fishkill New Windsor Rhinebeck</b></p>
<p><b><i>PLEASE ARRIVE 15 MINUTES PRIOR TO YOUR SCHEDULED APPOINTMENT TIME FOR UPDATING NECESSARY PAPERWORK.</i></b></p>				<p><b>1 Columbia Street 115 Delafield Street Fishkill New Windsor Rhinebeck</b></p>
<p>If you are a new patient to The Heart Center or VBMC Cardiac Testing Center, please bring your insurance card and any records you may have with you to your appointment.</p>				<p><b>1 Columbia Street 115 Delafield Street Fishkill New Windsor Rhinebeck</b></p>
<p>If you have a script for a test from a physician outside The Heart Center, please make sure you bring it with you to your appointment.</p> <p><b><u>Cancellation Policy:</u></b></p>				<p><b>1 Columbia Street 115 Delafield Street Fishkill New Windsor Rhinebeck</b></p>
<p>Please contact us 24 hours prior to your scheduled appointment if you are unable to make your appointment. Please call the office you are scheduled in to cancel or reschedule. If you do not show for your scheduled appointment, you will be responsible for a \$20.00 service charge. We will attempt to reach you by phone to reschedule your appointment.</p>			<p><b>Follow-up Appt. with</b></p>	<p><b>1 Columbia Street 115 Delafield Street Fishkill</b></p>
			<p><b>Will call you with results</b></p>	<p><b>New Windsor Rhinebeck</b></p>
<p>For nuclear stress tests, if we are unsuccessful in reaching you, the first and second part of your test will be cancelled, and you will be notified by mail of your missed appointment.</p> <p><b><u>Healthquest.org/heart-center</u></b> The Heart Center, a division of Hudson Valley Cardiovascular Practice, P.C.</p>	<p><b><u>The Heart Center and VBMC Cardiac Testing Center Locations</u></b></p>			<p><b>28 Springbrook Park Rhinebeck, NY 12572 (845) 876-0508</b></p> <p><b>939 Little Britain Road New Windsor, NY 12553 (845) 567-1800</b></p>
	<p><b>1 Columbia Street Poughkeepsie, NY 12601 (845) 473-1188</b></p>	<p><b>60 Merritt Boulevard, Suite 200 Fishkill, NY 12524 (845) 897-9760</b></p>	<p><b>115 Delafield Street Poughkeepsie, NY 12601 (845) 790-2020</b></p>	

CAROTID ULTRASOUND	AORTIC ULTRASOUND PA DUPLEX RENAL ARTERY DUPLEX
<p><b><u>Please arrive 15 minutes prior to your scheduled appointment time.</u></b></p> <p><b>Do NOT</b> wear earrings or necklaces.</p> <p>Wear a button down shirt or collar shirt that allows easy access to the neck.</p> <p>Men should have a clean-shaven neck when possible.</p>	<p><b><u>Please arrive 15 minutes prior to your scheduled appointment time.</u></b></p> <p>No food or drinks four (4) hours prior to the exam. To minimize the amount of air or gas in your system, <b>NO</b> gum chewing, hard candy, smoking, or drinking through a straw. <b>NO</b> nicotine, cigarettes or cigars four (4) hours prior to the exam.</p> <p>Take all medications with a minimal amount of water, unless otherwise instructed by your physician.</p> <p><b>Diabetic patients</b> may drink clear fluids and eat plain toast, if necessary. Bring a snack with you to eat after your test is complete.</p>
TREADMILL STRESS OR STRESS ECHO	PVR (PERIPHERAL VASCULAR STUDY)
<p><b><u>Please arrive 15 minutes prior to your scheduled appointment time.</u></b></p> <p>Nothing to eat or drink (except water) four (4) hours prior to the test. <i><u>*Please note, if you are having blood work done, your fasting time may be longer.</u></i></p> <p><i>Length of stay approximately 1-1 ½ hrs. Stay may be longer if you have additional tests.</i></p> <p><b><u>Medications:</u></b> Take all medications unless otherwise directed.</p> <p><b><u>Diabetic medications</u></b> – Consult your physician who takes care of your diabetes if you have any questions or concerns. <b>Diabetic patients</b> may drink clear fluids and eat plain toast, if necessary. Bring a snack with you to eat after your test is complete.</p> <p><b><u>What to wear:</u></b> Loose, comfortable clothing, sneakers or rubber soled shoes. NO heels, sandals or flip flops. Avoid one piece dresses.</p>	<p><b><u>Please arrive 15 minutes prior to your scheduled appointment time.</u></b></p> <p><b><u>No</u></b> caffeine, coffee or tea four (4) hours prior to the exam.</p> <p><b><u>No</u></b> nicotine, cigarettes or cigars four (4) hours prior to the exam.</p> <p>Wear or bring shorts, if possible.</p> <p>Wear low cut sneakers or comfortable shoes for walking.</p>

**NUCLEAR LEXISCAN STRESS/REST TESTS**

**PLEASE ARRIVE 15 MINUTES PRIOR TO YOUR SCHEDULED APPOINTMENT TIME.**

**NO CAFFEINE (COFFEE OR TEA OF ANY KIND)**

**Nuclear stress:** On one day you will perform a Lexiscan Stress Test, and have a nuclear heart scan.

**Nuclear Rest Test:** On another day, you will have a Resting Test, which consists of only a nuclear heart scan.

**Medications:** Take all medications with water (except medication with caffeine) unless otherwise instructed on this sheet.

**Diabetic Medications:** Please consult with the physician who takes care of your diabetes if you have any questions. Diabetic patients may eat plain toast during the fasting period, if necessary.

**What to Wear:** Loose, comfortable clothing. Please try to avoid one-piece dresses and shirts with metal zippers (plastic zippers are okay) or metal buttons. Wear sneakers or rubber soled shoes. DO NOT wear heels, sandals or flip flops. Do NOT wear body lotion or oil on your chest. *Bring a sweatshirt, sweater or jacket because the imaging rooms tend to be cool.*

**What to Bring:** Bring something substantial to eat, such as a sandwich, bagel or roll, and something to drink. Eating and drinking is necessary for the test to circulate the imaging tracer. We will advise you of when to eat and drink. Also, bring something to read or do.

**NUCLEAR LEXISCAN STRESS TEST**

\*Please drink two or three 8 ounce cups of water during your 4 hour fasting period. We want you hydrated for the Lexiscan portion of the test.

**FOOD:** Do NOT EAT or drink anything but water after \_\_\_\_\_.

**CAFFEINE:** Do NOT HAVE CAFFEINE for 24 hours before your test. You may NOT have coffee or decaf coffee, tea or decaf tea, herbal tea, soda, hot chocolate or chocolate, energy drinks or over-the-counter medications with caffeine such as Anacin, Excedrin and NoDoz.

**MEDICATION:** Take your medications with water unless you are instructed to hold a medication below.

HOLD \_\_\_\_\_ FOR \_\_\_\_\_

HOLD \_\_\_\_\_ FOR \_\_\_\_\_

*Length of stay approximately 2-2 1/2 hrs. Stay may be longer if you have additional tests. It is necessary to bring food and beverage. Eating and drinking is necessary to circulate the imaging tracer. We will advise you when to eat.*

**NUCLEAR RESTING TEST**

**FOOD:** Do NOT EAT or drink anything but water after \_\_\_\_\_. Hydrating is not necessary for the resting portion of the test.

**CAFFEINE:** Do NOT HAVE CAFFEINE after midnight before your test. You may NOT have coffee or decaf coffee, tea or decaf tea, herbal tea, soda, hot chocolate or chocolate, energy drinks or over-the-counter medications with caffeine such as Anacin, Excedrin and NoDoz.

**MEDICATION:** Take your medications with water. You do not have to hold any medications for the resting portion of your test.

*Length of stay approximately 2-2 1/2 hrs. Stay may be longer if you have additional tests. It is necessary to bring food and beverage. Eating and drinking is necessary to circulate the imaging tracer. We will advise you when to eat*

**NUCLEAR EXERCISE TREADMILL  
STRESS/REST TESTS**

**PLEASE ARRIVE 15 MINUTES PRIOR TO YOUR SCHEDULED APPOINTMENT TIME.**

**NO CAFFEINE (COFFEE OR TEA OF ANY KIND)**

**Nuclear stress:** On one day you will perform an Exercise Treadmill Stress Test, and have a nuclear heart scan.

**Nuclear Rest Test:** On another day, you will have a Resting Test, which consists of only a nuclear heart scan.

**Medications:** Take all medications with water (except medication with caffeine) unless otherwise instructed on this sheet.

**Diabetic Medications:** Please consult with the physician who takes care of your diabetes if you have any questions. Diabetic patients may eat plain toast during the fasting period, if necessary.

**What to Wear:** Loose, comfortable clothing. Please try to avoid one-piece dresses and shirts with metal zippers (plastic zippers are okay) or metal buttons. Wear sneakers or rubber soled shoes. DO NOT wear heels, sandals or flip flops. Do NOT wear body lotion or oil on your chest. *Bring a sweatshirt, sweater or jacket because the imaging rooms tend to be cool.*

**What to Bring:** Bring something substantial to eat, such as a sandwich, bagel or roll, and something to drink. Eating and drinking is necessary for the test to circulate the imaging tracer. We will advise you of when to eat and drink. Also, bring something to read or do.

**NUCLEAR EXERCISE TREADMILL STRESS TEST**

**FOOD:** Do **NOT EAT** or drink anything but water after \_\_\_\_\_.

**CAFFEINE:** Do **NOT HAVE CAFFEINE** for 24 hours before your test. You may **NOT** have coffee or decaf coffee, tea or decaf tea, herbal tea, soda, hot chocolate or chocolate, energy drinks or over-the-counter medications with caffeine such as Anacin, Excedrin and NoDoz.

**MEDICATION:** Take your medications with water unless you are instructed to hold a medication below.

HOLD \_\_\_\_\_ FOR \_\_\_\_\_

HOLD \_\_\_\_\_ FOR \_\_\_\_\_

*Length of stay approximately 1-1 ½ hrs. Stay may be longer if you have additional tests. It is necessary to bring food and beverage. Eating and drinking is necessary to circulate the imaging tracer. We will advise you when to eat.*

**NUCLEAR RESTING TEST**

**FOOD:** Do **NOT EAT** or drink anything but water after \_\_\_\_\_.

**CAFFEINE:** Do **NOT HAVE CAFFEINE** after midnight before your test. You may **NOT** have coffee or decaf coffee, tea or decaf tea, herbal tea, soda, hot chocolate or chocolate, energy drinks or over-the-counter medications with caffeine such as Anacin, Excedrin and NoDoz.

**MEDICATION:** Take your medications with water. You do not have to hold any medications for the resting portion of your test.

*Length of stay approximately 2-2 ½ hrs. Stay may be longer if you have additional tests. It is necessary to bring food and beverage. Eating and drinking is necessary to circulate the imaging tracer. We will advise you when to eat*

