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PATIENT INSTRUCTIONS BEFORE TESTING AND PROCEDURES

Resting Echocardiography

No specific preparation is required.

Stress Testing

These instructions apply to:

- Regular exercise treadmill stress tests
- Exercise / stress echocardiography
- Exercise / stress myocardial perfusion imaging

Please arrive at least 15 minutes prior to scheduled test time.

Do not eat anything solid or liquid within 2 hours of test time. Patients scheduled for stress testing before noon may eat a small, liquid breakfast. For tests scheduled after noon, a light breakfast is recommended.

Do NOT eat or drink anything containing caffeine, including any coffee, tea, soda or chocolate, on the day of testing, regardless of the time of day.

Athletic footwear with laces is strongly recommended when performing treadmill exercise.

Wear comfortable clothing and bring a snack for after testing.

Your doctor will tell you which medications to take or to hold before your test.

Vascular Imaging

Carotid arteries: No specific preparation is required.

Abdominal aorta: Limit meals to liquids the day prior, and no food after midnight.

Veins: No specific preparation is required.

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