

MOUNT CLEMENS

REGIONAL MEDICAL CENTER

A McLAREN HEALTH SERVICE

Cardiovascular Services Prescription

Mat Gaberty Heart Center

1000 Harrington Blvd.

Mt. Clemens, MI. 48043

586 493-8060

586 493-8704 FAX

**PLEASE REPORT TO
OUTPATIENT REGISTRATION
15 MINUTES PRIOR TO
APPOINTMENT TIME**

Non- Invasive Cardiology Testing

Appointment Date: _____ Time: _____

Patient Name: _____ DOB: _____

Home Phone () _____ Alternate Phone () _____

Insurance Information: _____ Authorization # _____

Ordering Physician's signature: _____

Cardiologist: _____

Diagnosis: _____

STRESS TESTING

EXAM:

- ☐ Exercise Treadmill Stress Test (order alone) or
with ☐ Myoview (nuclear)
or ☐ Echocardiogram

- ☐ Pharmacological induced stress with:
☐ Adenosine with Myoview (nuclear)
or ☐ Dobutamine
with ☐ Myoview (nuclear)
or ☐ Echocardiogram

- ☐ Low Level Stress Test
(prior to cardiac rehab)

Indications: _____

Patient History

- ☐ Diabetes ☐ Mitral Valve Prolapse ☐ Asthma
☐ Edema ☐ Hypertension ☐ CHF
☐ Glaucoma ☐ Aortic Valve Replacement ☐ CAD
☐ Atrial Fib ☐ Murmur/Mitral Valve Regurg
☐ Dysphagia ☐ Aortic Stenosis ☐ LV function
☐ Arthritic or any difficulty with mobility

Other: _____

Allergies: _____

Height: _____ Weight: _____ BMI _____

Medications

*Please inform patient that if they do not bring their list of medications we may
not be able to complete the testing*

ULTRASOUND

EXAM:

- ☐ Transthoracic Echocardiogram
☐ TEE
☐ Tilt Table Testing

Indications: _____

PATIENT INSTRUCTIONS FOR **NON- INVASIVE** **CARDIAC TESTING**

ULTRASOUND

Your physician has ordered an Echocardiogram exam. This exam uses ultrasound waves to produce images of the heart. A microphone-like device, called a transducer; sends out ultrasound waves that bounce off the heart to produce images of the heart. While you lie on an exam table an echo technician moves the transducer over your chest to obtain images of your heart.

To prepare:

- There are NO special preparations for this exam
- Wear a two-piece outfit
- The exam will take 30-45 minutes to complete

CARDIAC STRESS TESTING

Your physician has ordered a cardiac stress test. This test is designed to help your physician evaluate the response of your heart to exercise or medication induced stress. This test will take approximately four hours to complete.

To prepare:

- DO NOT eat or drink anything except water for four hours before the test. DO NOT drink or eat caffeine products (cola, Mountain Dew, chocolate products, coffee or tea) for 24 hours before the test. Caffeine will interfere with the results of the test.
- Ask your doctor what medications should be taken on the day of your test. DO NOT take the following heart medications on the day of the test unless your physician tells you otherwise or if the medication is needed to treat chest discomfort:
 - Beta blockers [for example: atenolol (Tenormin), metoprolol (Lopressor, Toprol), Propranolol (Inderal)]
 - Isorbide dinitrate (for example: Isordil, Sorbitrate)
 - Isosorbide mononitrate (for example: Imdur)
 - Nitroglycerin (for example: Deponit, Nitrostat, Nitrobid)

Your physician may also ask you to stop taking other heart medications on the day of the test. If you have questions about your medications — ask your physician. **Do not stop any medication without first talking with your doctor.**

Since many over-the counter medications contain caffeine (such as diet pills, No Doz, Excedrin and Anacin), DO NOT take any over-the-counter medication that contains caffeine for 24 hours before the test. Ask your physician, pharmacist or nurse if you have questions about other medications that may contain caffeine.

- **If you have diabetes** and take medications to manage your blood sugar, ask your physician how to adjust your medications the day of your test. Do not take your diabetes medication and skip a meal before the test. If you own a glucose monitor, bring it with you to check your blood sugar levels before and after your test. If you think your blood sugar is low, tell the lab personnel immediately. Plan to eat and take your blood sugar medication after your test.
- If you use inhalers for breathing problems, please use them the morning of the test and bring them with you.
- Please wear comfortable clothes and shoes. For the nuclear imaging portion, avoid tops and undergarments with metal as well as metal necklaces.

TEE or Tilt table exams, you will be called the day before the exam and given instructions.

For any additional questions call: 586 493 8060