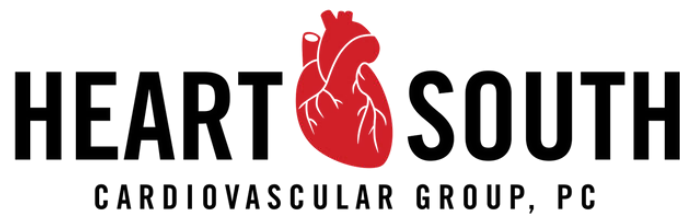


Your guide to preparing
for a diagnostic test at
Heart South.

****If you need to cancel,
please call 48 hours
in advance.****



Diagnostic Prep Sheet

Scan the QR code to see
what to expect!



You are scheduled for the following tests:

Location: ☐ Alabaster ☐ Clanton

Echocardiogram / Renal / AAA Test

Date and Time: _____

Nuclear Stress Test / PET Scan

Date and Time: _____

CT Scan

Date and Time: _____

Echocardiogram / Renal / AAA Test

1. No food or drink by mouth starting at midnight the night before the test.
2. Take an over the counter medication such as Gas-X the night before and the morning of your test.
3. No chewing gum for 4 hours prior to the scheduled time of your test.
4. ***No prep requirements for Echocardiogram.***

Nuclear Stress Test / PET Scan

1. No caffeine, decaffeinated, or chocolate products for 24 hours prior to your test (including coffee, tea, and soft drinks).
2. Do not eat or drink (with the exception of water) for 4 hours prior to your scheduled test.
3. No smoking or tobacco products for 4 hours prior to the scheduled time of your test. No nicotine patch should be used for 4 hours prior to the scheduled time of your test.
4. Do not use Viagra, Cialis, or Levitra for 36 hours prior to the scheduled time of your test.
5. If you use an inhaler, please bring it with you.
6. Women should wear a two piece outfit and avoid wearing a dress. Men should wear a two piece outfit and avoid wearing overalls. Avoid metal buttons or snaps on top. Bring a comfortable pair of walking shoes or sneakers in the event they are needed.

Time Allowance for Nuclear/ PET test:

Nuclear- At least 3-4 hours.

PET- At least 1-1.5 hours.

CT Scan

1. Drink 64oz of water the day before the test.
2. Do not eat or drink 4 hours prior to the test.
3. Do not take oral diabetic medications (anything containing Metformin) the morning of the test.

FOR ALL TESTING

Only hold the medications you are instructed to hold the morning of testing. All other medications should be taken as normal with a sip of water.

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