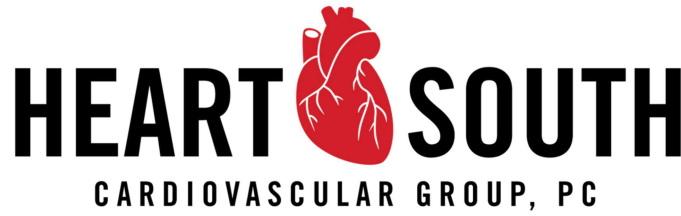


Your guide to preparing  
for a diagnostic test at  
Heart South.



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

**Diagnostic Prep Sheet**

**You are scheduled for the following tests:**

Location:  Alabaster  Clanton

Renal/AAA	Date and Time: _____
Echocardiogram	Date and Time: _____
Nuclear Stress Test / PET Scan	Date and Time: _____
Calcium Score	Date and Time: _____
Arterial Doppler, Venous, Carotid, ABI	Date and Time: _____

**Renal / AAA**

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.

**Echocardiogram: No prep requirements for Echocardiogram**

**Nuclear Stress Test / PET Scan**

**Time Allowance for Nuclear/ PET test: Nuclear- At least 3-4 hours. PET- At least 1-1.5 hours.**

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, including the nicotine patch 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. Avoid metal buttons or snaps on top. Bring a comfortable pair of walking shoes or sneakers in the event they are needed.
7. For a **Nuclear Stress Test ONLY** - No beta-blocker medicine for 24 hours.

**Calcium Score: No prep requirements for Calcium Score**

**Arterial Doppler, Venous, Carotid, ABI: No prep requirements**

**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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