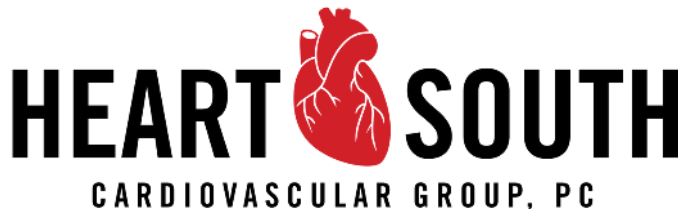


Your guide to preparing  
for a diagnostic test at  
Heart South.



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

**Diagnostic Prep Sheet**

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

Location:  Alabaster  Clanton

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	Date and Time: _____

**Echocardiogram: No prep requirements for Echocardiogram**

**Nuclear Stress Test / PET Scan:**

**Time Allowance for: 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**

**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.

**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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