

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



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

Diagnostic Prep Sheet

You are scheduled for the following tests: Location: ☐ Alabaster ☐ Clanton

Echocardiogram

Date & Time:

Nuclear Stress Test/PET Scan

Date & Time:

Calcium Score

Date & Time:

Arterial Doppler, Venous, Carotid, ABI

Date & Time:

Renal/AAA

Date & Time:

If you cancel your test(s), be sure to reschedule and complete it within 60 days.
Insurance may not cover it after that 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.

Alabaster Office
1022 North First Street, Suite 501
Alabaster, AL 35007

heartsouthpc.com
O: 205-663-5775
F: 205-664-2112

Clanton Office
2034 Lay Dam Road, Suite 102
Clanton, AL 35045