

# Ultrasound Instructions

## DESCRIPTION

An ultrasound is used to examine an internal bodily structure by the use of ultrasonic waves. Ultrasound scanning is NOT dangerous and has NO side-effects. This exam is NOT painful, it is non-invasive, and does NOT involve any needles or medicine.

## PREPARATION

**Abdominal/ Aorta/ Renal/ Renal Artery Scan** - Please do **NOT** eat or drink anything 4 hours before your appointment. You may take your regular medicines with a minimal amount of water.

**Pelvic Scan** - Please drink 32 ounces of water at least 30 minutes before your appointment because your bladder will need to be full for this exam.

**Abdominal AND Pelvic Scan** – Please do **NOT** eat anything 4 hours before your appointment. Please drink 32 ounces of water at least 30 minutes before your appointment because your bladder will need to be full for this exam.

**Arterial/ Venous/ Carotid/ Echocardiogram (heart)/ Thyroid Scan** or any other ultrasound (unless listed above) - You may eat and drink as you normally do. There are no special preparations.

## Ultrasound No-Show Policy

**Patients have a responsibility to keep their scheduled appointments and to arrive on time.**

For all Diagnostic Imaging Procedures: A No Show Fee of **\$50.00** will be applied to your account for any scheduled appointments that are missed without the courtesy of a phone call to either cancel or reschedule the appointment time. We kindly request that a notice of 24 hours be given for any appointment changes/cancellations.

# Stress Test Instructions

**PLEASE ARRIVE 15 MINUTES EARLY**

## How Long will it take?

The test consists of several parts; IV start (for nuclear isotope and/or chemical stress agent administration), rest image (up to 20 minutes), stress test (approx. 30 minutes), and stress image. The wait times in between each part can vary depending on several factors. You should plan to be at this appointment approximately 3 hours,

## Preparation

- Absolutely NO Caffeine or caffeinated beverages 12 hours prior to the test. This includes coffee, tea, chocolate as well as any soda.
- NOTHING TO EAT OR DRINK AFTER MIDNIGHT, EXCEPT WATER. If your appointment is at noon or after, you may eat a light breakfast before 7 am.
- DO NOT TAKE MEDICATION THE DAY OF YOUR TEST. No beta blockers 48 hours prior to test. If you are unsure of these medications, please check with your doctor.
- Wear comfortable clothing. No long dresses, slips, or girdles, also no suspenders or overalls. Wear tennis shoes or sneakers.
- Bring a snack and something to drink. Cracker, water, juice, fruit - something so you can eat after the stress portion of your appointment.
- Please do not use lotions or oils on your skin the day of your test.

## Precautions

If you think you may be pregnant or if you are breastfeeding, please notify your doctor or the technologist immediately.

## What to Expect

An IV will be placed in your arm. This is so that a radioactive tracer(nuclear isotope) can be injected both at rest and during stress. This allows your heart to be imaged. There are NO SIDE EFFECTS to the radioactive medicine. However, if you think you may be pregnant, or you are nursing, please inform the tech immediately. There will be two sets of images taken. A Stress study and a Rest study. The stress portion(treadmill or chemical) will require EKG leads to be placed on your chest to monitor your heart rate and rhythm. There will be breaks between each part of the entire test. Time will vary, but plan to be done about 3 hours after your appointment time. The tech will keep you updated on the time frame.

**TO CANCEL OR RESCHEDULE THE TEST, PLEASE CALL YOUR DOCTOR AT LEAST 24 HOURS PRIOR TO YOUR TEST OR YOU MAY BE BILLED \$200 FOR THE NUCLEAR MEDICINE.**