



Appointment Date: _____ **Time:** _____

2D ECHOCARDIOGRAPHY:

- Allow 1 hour for your exam.
- You will need to undress from the waist up and will be given a gown to wear.
- Do not apply lotions or oils to body after showering prior to coming in for your exam.

2D STRESSECHOCARDIOGRAPHY:

- Allow 1 to 1.5 hours for your exam.
- Eat a light meal and avoid caffeine before your appointment.
- Do not apply lotions or oils to body after showering prior to coming in for your exam.
- Take all of your medications as usual EXCEPT Beta Blockers.
- Hold your Beta Blocker for the 24 hours before your stress test. Beta Blockers generic names end in -olol or alol. Examples- Metoprolol, Atenolol, Propanolol, Nadolol, Timolol, Bisoprolol, Nebivolol, Sotalol

ABDOMINAL AORTA, ABDOMINAL or RENAL ULTRASOUND:

- Allow 30 minutes for your exam.
- Do NOT eat, drink, smoke or chew gum for 6 hours prior to your exam. (NOTHING BY MOUTH)

BLADDER ULTRASOUND:

- Allow 30 minutes for your exam.
- This exam requires a full bladder. Empty your bladder 30 minutes prior to your exam and immediately drink 20 ounces of water. Please do not empty your bladder until after your exam is complete.

RENAL ARTERY ULTRASOUND:

- Allow 1 hour for your exam.
- Do NOT eat, drink, smoke, or chew gum past midnight the night before your exam. (OPTIONAL: Take Gas-Ex the morning of your exam, following the directions on the bottle.)

DEXA/BONE DENSITY:

- Avoid taking any calcium supplements for 24 hours prior to your exam.
- Avoid wearing clothing with zippers or metal such as jeans. Do not wear a bra with an underwire if possible (otherwise you may have to undress from the waist up).

The exams below do not require preparation. Allow 30 minutes for your exam.

- Pelvic Ultrasound
- Thyroid Ultrasound
- Breast Ultrasound
- Upper and Lower Extremity
- Ultrasound Carotid Artery