

What you need to know:

Echocardiography

- 1- No preparation is needed
- 2- The test will take an average of 30 minutes

Exercise Stress Echocardiography, Dobutamine Stress Echocardiography, Exercise Stress Test

- 1- Do not eat or drink for 4 hours prior to the test.
- 2- Do not take the Beta Blockers medication (concor, nebilet, Tenormin, betalok zok, Inderal) **UNLESS** your physician asked you to take them.
- 3- Take all your medications at the usual times as prescribed by your doctor with only a small sip of water.
- 4- Do not apply lotion, oil, or any powder to the chest.
- 5- Wear comfortable clothes, and shoes.
- 6- The test will take an average of 1 hour.

Myocardial Perfusion Imaging

- 1- Do not eat or drink for 8 hours prior to the test.
- 2- No caffeine intake for 24 hours prior to the test if pharmacological test will be done.
- 3- Do not take the Beta Blockers medication (concor, nebilet, Tenormin, betalok zok, Inderal) **UNLESS** your physician asked you to take them.
- 4- Take all your medications at the usual times as prescribed by your doctor with only a small sip of water.
- 5- Do not apply lotion, oil, or any powder to the chest.
- 6- Wear comfortable clothes, and shoes.
- 7- The test is done over two days. It consists of two parts, stress and rest.
- 8- The stress part will take an average of 2 or 2.5 hours and the rest part if needed will take an average of 1.5 to 2 hours.

Trans-esophageal Echocardiography

- 1- Do not eat or drink for 8 hours prior to the test.
- 2- Take all your medications at the usual times as prescribed by your doctor with only a small sip of water.
- 3- The test will take an average of 1 hour.

- 4- You might need to be escorted back home after the test in case mild sedation was given.

Pulmonary Function Test, Spirometry

- 1- Do not take the inhaler prior to the test **UNLESS** recommended by your physician.
- 2- The test will take an average of 30 minutes

Metacholine Challenge Test

- 1- Do not eat or drink for 8 hours prior the test.
- 2- Do not take the inhaler prior to the test **UNLESS** recommended by your physician.
- 3- The test will take an average of 1 hour and a half.





Pre-procedure Instructions for Cardiopulmonary Outpatient diagnostics

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