

Plano Heart Center, P.A.

If you are scheduled for a diagnostic procedure in our office, please read and follow the instruction given below:

1. Nuclear Stress Test

- a. You must be fasting 4 hours. However, you may drink some water
- b. No caffeine 24 hours. Please avoid sodas (including caffeine-free), chocolates, tea, and coffee (including decaffeinated)
- c. Wear comfortable 2-piece clothing and tennis shoes
- d. Take all your medication as usual except diabetes medication. Bring diabetes medication with you
- e. Wear warm clothes. The nuclear camera equipment room is kept at 70 degrees or below
- f. Avoid neck jewelry. Women are advised to not wear an under-wire bra

2. Stress-Echocardiogram

- a. No food 2-hours prior to the appointment
- b. Wear comfortable 2-piece clothing and tennis shoes
- c. Take all your medication as usual

3. Cardiac Catheterization

- a. *If you are allergic to iodine or any contrast dyes, please let the doctor know at least one day prior to the procedure.*
- b. You must be fasting at least 6 hours
- c. Take all your medication as usual with a small sip of water
- d. If you are not an in-patient, please check in at the Medical Center of Plano's out-patient registration near the Emergency Room area approximately 3 hours prior to the procedure time
- e. Bring an overnight bag just in case. If your cardiac cath is normal, you will be able to home the same day. However if the doctors determine that coronary intervention (also known as angioplasty or stenting) is necessary, you will stay in the hospital overnight. In either situation, you will need someone to drive you home

4. Cardioversion

- a. Fasting 6-hours prior to the appointment
- b. Take all your medication as usual with a small sip of water
- c. If you are not an in-patient, please check in at the Medical Center of Plano's out-patient registration near the Emergency Room area approximately 3 hours prior to the procedure time
- d. In most cases, you will be able to home the same day. However, you will need someone to drive you home

5. Pacemaker

- a. Fasting 6-hours prior to the appointment
- b. Take all your medication as usual with a small sip of water
- c. If you are not an in-patient, please check in at the Medical Center of Plano's out-patient registration near the Emergency Room area approximately 3 hours prior to the procedure time
- d. Bring an overnight bag because you will stay in the hospital for a couple of days

6. Echocardiogram

No preparation required