



Patient Name: _____

Appointment Date: _____ **Appointment Time:** _____

Cardiac Services Instructions/Preparation

Echocardiogram

1. No Fasting restrictions. You may eat and drink anything you want.
2. No medication or vitamin restrictions for Echocardiogram
3. Check in directly to 2nd Floor Suite 250, 15 minutes prior to your scheduled appointment, unless otherwise instructed
4. Procedure time is about an hour
5. If you need to reschedule, contact Health Connections at 535-7000

Stress Echocardiogram (Treadmill/Pharmacologic)

1. All patients NPO 4 hours before procedure time
2. No caffeine 12 hours prior (coffee, tea, soda, chocolate)
3. Bring list of medications
4. Dress comfortably and appropriately, with walking shoes, if using the treadmill
5. Check in directly to 2nd Floor Suite 250, 15 minutes prior to your scheduled appointment, unless otherwise instructed
6. Procedure time is about an hour
7. If you need to reschedule, contact Cardiac Services Scheduling at 485-4210 or 485-4398

Holter Monitor

1. Please shower before coming in to place Holter Monitor
2. Check in directly to 2nd Floor Suite 250, 15 minutes prior to your scheduled appointment, unless otherwise instructed
3. Placement of Holter Monitor takes about 5-10 minutes
4. Follow Cardio Lab Tech instructions for care
5. Return next day for removal of Holter Monitor to Cardiac Services, Suite 250
6. If you need to reschedule, contact Health Connections at 535-7000