

Stress Testing (ETT) and Echocardiography

WHAT IS AN ECHOCARDIOGRAM?

An echocardiogram is an ultrasound where the echocardiographer takes pictures of your heart in a resting position. No preparation for this exam is necessary.

WHAT IS A STRESS ECHO?

A stress echo is very similar to a stress test. When a stress echo is performed, an echocardiographer takes "pictures" of the heart prior to the treadmill exertion and immediately afterwards. The report is then generated and forwarded to a cardiologist to interpret. It may take one week or so to obtain results.

WHAT IS A STRESS TEST?

A stress test is performed to determine the ability of the heart to function under strain. The patient has electrodes, similar to those used in a cardiogram, placed so that the practitioner may watch the electrical conductivity of the heart while the person is on the treadmill. A practitioner, as well as a nurse trained in advanced cardiac life support, are present throughout the test. Results can be given by the practitioner immediately after the test.

HOW TO PREPARE FOR STRESS TESTING

- Plan on being in the office for about an hour. The test itself takes approximately 15 minutes; time is needed to apply electrodes and monitor the electrocardiogram.
- Dress as if you were about to exercise. Comfortable clothes and "sneakers" (no clogs) are recommended. Bring in a towel.
- Do take all medicines as prescribed; however, consult your practitioner about any heart and blood pressure medications you are currently taking. Certain heart and blood pressure medications need to be withheld prior to a stress test. These meds usually end in "LOL".
- We recommend any meals prior to a stress test or echo test to be light. No caffeine and limit cigarette smoking. These may falsely increase your heartrate.

These tests are performed in our Derry Office only. Do not hesitate to call either the Londonderry or Derry office with any further questions.

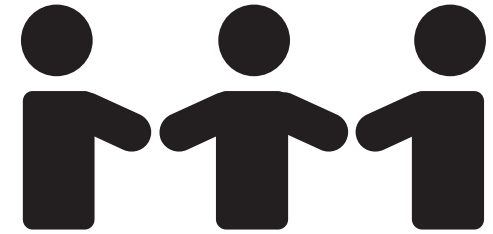
Dear Patient,

This brochure was produced in order to answer questions regarding the testing you will be undergoing.

Tests are performed in order for us to offer you the best healthcare possible. Toward that end, we ask that you follow these instructions in order to facilitate the procedure.

If you have any questions regarding any procedures, please do not hesitate to call our office.

Derry Imaging Center
6 Tsienneto Road
Suite LL100
Derry, NH 03038
(603) 537-1363
or
(603) 537-1375



Instructions for Your Medical Testing Procedure

Please arrive at least 15 min. prior to your scheduled appointment.

- Mammogram
- Ultrasound
- Stress Testing (ETT) and Echo-cardiography
- Bone Densitometry

Your scheduled appt. is on

At _____ AM/ PM

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Parents are encouraged to make arrangements for small children during their appointment. Children cannot be left unattended in waiting room.

Ultrasound

Examination Instructions

Patients who are fasting for exams should be scheduled for a morning appointment.

PATIENTS MAY TAKE NECESSARY MEDICATIONS, brush teeth, eat one or two mints, but no chewing gum, please. Anticipate 1/2 hour for your exam. Your Doctor will receive a written report within approx. 3 days.

UPPER ABDOMINAL

Do not eat or drink past midnight the evening before the examination. This reduces the amount of air in the GI tract and allows for the gallbladder to be completely rested and adequately distended.

GALLBLADDER / RUO

Do not eat or drink past midnight the evening before the examination.

KIDNEY/BLADDER

Do not eat 2 hours prior to examination. A full bladder exam is also required and done at the same time. DRINK AND FINISH 2 (8 oz.) glasses of water prior to exam and do not empty bladder.

AORTA

Do not eat or drink past midnight the evening before the examination.

CAROTID DOPPLER

No preparation.

VENOUS

No preparation.

BREAST, THYROID AND TESTICULAR

No preparation.

OBSTETRICAL

Drinking water for certain OB examinations allows for visualization of the cervix.

Preparation for the OB Ultrasound

- *Less than eight weeks: No fluid preparation necessary. These patients will have an endovaginal ultrasound exam.*
- *8-13 weeks: Patients should DRINK AND FINISH 3 8-oz. glasses of water one hour prior to the appointment time and hold bladder, do not empty.*
- *14 weeks-term: No water preparation necessary. Patients should hold their bladder for 30 minutes prior to exam time.*

GYNECOLOGICAL (GYN) / PELVIS

A Transabdominal FULL BLADDER examination is the initial preferred method for gynecological ultrasound examinations. A full urinary bladder exam provides for a complete study of the pelvic structures and shortens the time of the endovaginal exam.

Endovaginal ultrasound exams are performed if necessary for a "close up" view of specific pelvic structures or abnormalities. This involves inserting a vaginal ultrasound probe into the vagina.

- *The majority of GYN exams require both approaches for a complete exam. Patients should be prepared to have both full bladder and endovaginal exams.*
- *Patients needing a pelvic ultrasound should be scheduled (if possible) at the end of the menstrual cycle. Irregular bleeding and symptomatic patients are scheduled as needed.*
- *Water is preferred over any other liquid - NO carbonated beverages, please.*

**Preparation for the exam: DRINK AND FINISH 3 (8 oz.) glasses of water one hour prior to examination time and do not empty bladder before the exam.*

MAMMOGRAM

- *Please do not wear any powder or deodorant the day of the exam. These substances can cause artifacts and false readings on your exam.*
- *You will be asked to undress from the waist up. Please wear comfortable clothing the day of your exam (preferably a two piece outfit).*
- *If you did not have your previous mammograms or breast ultrasounds done at Derry Medical Center please make arrangements to pick up your old studies and bring them with you on the day of your exam. This will prevent any delay in receiving your mammogram results.*

All mammograms should be scheduled at least 1 year and 1 day from their last mammogram. 6 month follow up exams would be the only exception.

BONE DENSITY

- *Do not take calcium meds for 48 hours prior to exam.*

