

Cardiology Associates of Michigan, P.C.

25910 Kelly Rd., Suite B
Roseville, MI 48066
Phone (586) 772-3366

50505 Schoenherr Rd., Suite 320
Shelby Township, MI 48315
Phone (586) 580-3062

Myoview Stress Test (Treadmill or Pharmacological)

How do I prepare for my test?

Please notify the office 24 hours in advance if you cannot make this appointment. A costly isotope will be ordered which can be used only for this scheduled appointment time.

- This test may take up to 3-4 hours. Please arrive 15 minutes prior to your appointment time. If you are unable to arrive by your scheduled appointment time, we may reschedule your test to the next available appointment.
- Please shower before your test. You may use deodorant. **DO NOT** use lotion, perfume or cologne.
- Wear comfortable clothing and walking shoes. Bring a cardigan or jacket with you.
- Ladies: No underwire bras.
- Diabetic Patients: Please adjust your insulin according to the restricted diet listed below and bring your insulin and a small snack with you to your appointment. Please call the office with any questions.

DO NOT PERFORM ANY STRENUOUS ACTIVITIES OR EXERCISE ON THE DAY OF YOUR TEST.
PLEASE DRINK PLENTY OF FLUIDS ON THE DAY BEFORE YOUR TEST.

12 Hours Prior to Test:

- **NO** coffee or tea that is brewed, instant, iced, herbal or decaffeinated
- **NO** colas or Mountain Dew: Including those labeled caffeine free, regular, or diet
- **NO** chocolate: Including candies, frosting, cake, cookies, pie, cocoa, chocolate milk, and hot chocolate

8 Hours Prior to Test:

- **NO** smoking

Tests Scheduled Before 11:00AM:

- You should have nothing to eat after 6 A.M. the day of your test.
- Drink 8 oz. of water *or* Gatorade 2 hours before your scheduled test.

Tests Scheduled After 11:00AM:

- You may have a light breakfast 4 hours prior to the test. A light breakfast may include toast or a bagel with juice or milk.
- Drink 10 oz. of water or Gatorade 2 hours before your scheduled test.

All medications should be taken, unless otherwise instructed by the doctor, with the following exceptions:

- **NO** pain relievers that contain caffeine, such as Anacin and Excedrin.
- **NO** Persantine (Dipyridamole) or Aggrenox for 48 hours.
- **NO** Theophylline or Theophylline containing products such as Constant-T, Primatene, Quibron, Slo-Phylline, Slo-Bid, Uniphyl or Theo-Dur for 24 hours.

What should I bring to my appointment?

- Please bring a current list of your medications.
- Please bring a picture ID, your insurance cards, and if required by your insurance, a referral form from your primary care physician.
- If your test has been ordered by a physician outside of our practice, **please bring the order for the test.**
- You will have time in the waiting room if you would like to bring your own book or magazines.

_____ is scheduled for a Myoview stress test on

_____ at _____. PLEASE ARRIVE 15 MINUTES EARLY.