



General Instructions for Cardiology Testing

Your provider has scheduled you for testing in the Cardiology Suite at Quincy Medical Center

Location: Cardiology Suite on the 2nd floor, B wing, ph 617-376-4040
You should arrive to the 15 minutes prior to your appointment.

Please follow your indicated instructions listed below:

[]Nuclear Medicine Stress Tests, Regular Exercise Stress Tests, Stress Echocardiograms and all other stress tests:

- You should have a very light breakfast (toast and juice for example)
- No caffeine of any kind (coffee, tea, **decaf**, soda, chocolate, etc.) **on the day of test.**
- You should wear comfortable pants or shorts, shoes or sneakers. For women, no one-piece undergarments should be worn.
- Please provide a list of all current medications.
- Any questions about medications prior to stress test will be forwarded to the nurse or cardiologist on duty. Please call 617-376-4040.
- All stress test with the exception of regular exercise stress testing are approximately **3 hours** in duration.

[]Instructions for Cardiac Echocardiograms only:

- For women, no one-piece undergarments should be worn.

[]Instructions for Transesophageal Echos only:

- Nothing to eat or drink 6 hours prior to exam.
- Please provide a list of all current medications.

[]Instructions for Holter Monitors and Event Monitors only:

- **NO** body lotions or powders on exam day.
- Please provide a list of all current medications.