



## **General Instructions for Cardiology Testing**

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

Location: Cardiology Suite, 2<sup>nd</sup> floor, B wing, phone: 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.