

## VASCULAR STUDY PREPARATION

All Renal Artery, Abdominal Aorta, Mesenteric Artery Ultrasound, Abdominal Aortic Aneurysm studies:

- DO NOT eat or drink anything except water after midnight before your test.
- Medications can be taken with water - No juice, milk etc.
- NO smoking or chewing gum the morning of the exam
- If you are diabetic, dry toast is allowed with water.

## GENERAL STRESS TEST PREPARATION

- **Arrival Times:** Please arrive 15 minutes before your scheduled appointment time. Nuclear stress patients should arrive 30 minutes before their scheduled appointment time.
- **Holding Medication Prior To Testing:** We recommend that you take your usual medicines EXCEPT for your beta-blockers 24 hours prior to your test. (Examples: Atenolol, Tenormin, Carvedilol, Coreg, Metoprolol, Lopressor, Toprol XL, Pindolol, Inderal, Propranolol or Tenoretic) Beta-blocker medications may reduce the accuracy of your stress test. Please consult your physician to review your current medications as they apply to your scheduled stress test.
- **Fasting:** DO NOT eat or drink anything except water 4 hours before your test. In fact, drinking plenty of water is helpful for tests requiring an IV such as a nuclear stress test.
- NO nicotine or caffeine for 12 hours prior to your test.

## Exercise Stress Tests

- On the morning of the exam, do not use lotion or powder on your body.
- Wear a comfortable, loose-fitting, two-piece outfit and exercise shoes.
- Allow 1 to 2 hours from arrival until the exam is complete.

## Nuclear Stress Tests (with or without Adenosine)

- Plan to be at the Center for 5 hours to complete your exam.
- Test will require you to lay flat with arms above your head for 20 minutes. Please let center staff prior to appointment if this is not possible for medical reasons.
- A 24 hour cancellation notice is required to avoid being billed for the radioactive materials.
- Please wear (or bring with you) comfortable clothing and shoes for walking on the treadmill. NO perfumes, body lotions or powder. NO necklaces or medallions.
- Please bring reading material for the required waiting periods during your exam.

## Stress Echocardiography (with or without Dobutamine)

- On the morning of the exam, do not use lotion or powder on your body.
- Wear a comfortable, loose-fitting, two-piece outfit and exercise shoes.
- Allow 1 to 2 hours from arrival until the exam is complete.

## Directions to the Rush-Copley Cardiac Diagnostic Center

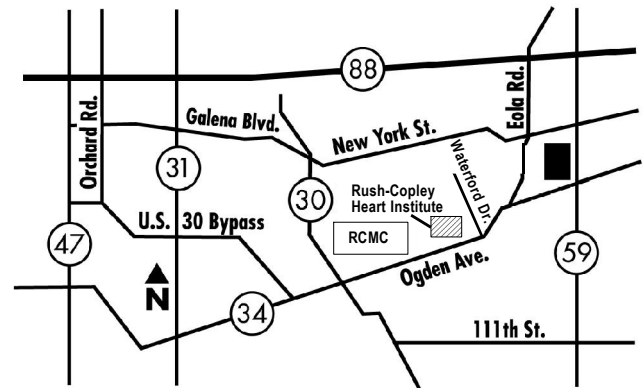
The **Rush-Copley Cardiac Diagnostic Center** is located within: Rush-Copley Heart Institute, 2088 Ogden Avenue, Suite 150, Aurora, IL 60504

### From the West

Take Route 47 or Orchard Road south to US 30, then go east to Ogden (Route 34). Head east on Ogden Avenue about 1 mile. Or head east on Ogden. Rush-Copley's Ogden entrance is only 1 mile east of US 30. Or take I-88 east to Route 59 exit. Go south about 3 miles to Ogden. Head west (right) about 4 miles. Take a left on Waterford Drive, take first left into parking lot.

### From the South

Take Route 59 north to Montgomery Road west (left) to Rush-Copley's entrances. Or head north on US 30 or Route 47, then head east on Ogden (Route 34) to Rush-Copley. Take a left on Waterford Drive, take first left into parking lot.



### From the East

Take 75th Street west into Ogden (Route 34). Continue west (left) on Ogden about 2 miles to Rush-Copley's Ogden entrance. Or head west on I-88 to the Route 59 exit. Head south on Route 59 about 3 miles to Ogden. Then head west (right) about 4 miles. Take a right on Waterford Drive, take first left into parking lot.

### From the North

Proceed south on Route 25 to Mill Street. Head east on Mill, which turns into Montgomery Road. Follow Montgomery for about 3 miles to Rush-Copley's entrances. Or head south on Route 59 to Ogden (Route 34). Proceed west (right) on Ogden about 4 miles. Take a right on Waterford Drive, take first left into parking lot.

For questions, please call the Cardiac Diagnostic Center at 630-978-4830, Monday through Friday, 7:30 am to 4:30 pm.

