



# APC Physicians, P.L.L.C.

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Test ordered: \* Cardiolute Stress\* \*Lexiscan Cardiolute\* \*Regular Stress\*  
\*Stress Echo\* \*Dobutamine ECHO\* \*Low Level Stress\*

Patient Name: \_\_\_\_\_ Date / time of Test: \_\_\_\_\_

Diagnosis: \_\_\_\_\_ Ordering Physician: \_\_\_\_\_

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## Instructions for Testing:

1. DO NOT eat or drink for 4 hours before the test.
2. DO NOT drink coffee, soda, tea (regular & decaf) for 12 hours before the test.
3. NO alcohol, chocolate or smoking for 12 hours before the test.
4. DO NOT take Imdur (Isosorbide), nitro patch, or Theophylline, Aggrenox for 24 hours before your test.
5. DO NOT take a beta blocker, for 24 hours before your test.

Beta Blockers include: Toprol, Metoprolol (Lopressor), Coreg (Carvedilol), Atenolol (Tenormin), Indural (Propranolol), Bystolic, Betoptic eye drops, Timolol eye drops, Timoptic eye drops,

*\*if you are scheduled for a Lexiscan (non-walking) Cardiolute test, this rule does not apply to you.*

6. If you are Diabetic, you can take half your insulin and eat a small/light meal 3 hours before your test. Bring the rest of insulin and a snack for after your stress.
7. Bring an Updated list of your medications.
8. Bring your driver's license, insurance cards, Referral (if needed) and This Form.
9. Wear comfortable, loose fitting clothing. Wear walking shoes with rubber soles.

No dresses, No zippers or metal snaps on shirts.

## Testing can take up to 3 hours to complete.

You can bring a light snack (crackers, or fruit, and water or juice) and a book for the waiting periods.

Cancellations must be done at least 24 hours prior to your test or you may be charged for the cost of the materials.

**\*IF YOU HAVE NOT MET YOUR DEDUCTIBLE FOR THE YEAR, THIS TEST WILL BE APPLIED TOWARDS YOUR DEDUCTIBLE, MAKING THE BALANCE THE RESPONSIBILITY OF THE PATIENT. MANY PEOPLE'S DEDUCTIBLES HAVE WENT UP. PLEASE BE AWARE OF WHAT YOUR DEDUCTIBLE IS. STRESS TESTS ARE CONSIDERED A HIGH PRICED TEST. ALTHOUGH YOUR TEST MAY BE APPROVED BY YOUR INSURANCE, YOU WILL STILL NEED TO MEET YOUR DEDUCTIBLE.**

**\*\*We cannot do your test if you have Health Alliance Plan, Midwest, or NGS. We are sorry for this inconvenience, and will gladly direct you to a facility that accepts these insurances. \***