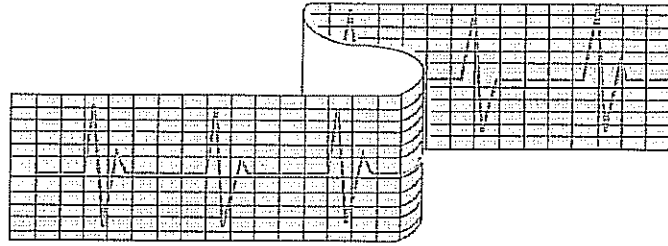


## HEART SPECIALISTS OF CENTRAL JERSEY, LLP



Your physician has asked us to provide the following services for you. Please call for an appointment.

- CONSULTATION:** One of the Doctors will take your history and examine you. Please come with a list of your medications with dosages and, if available, copies of electrocardiograms and blood work.
- REGULAR EXERCISE STRESS TEST:** You will be hooked up to an EKG and you will walk on a treadmill to test your exercise tolerance and to determine if you have coronary artery disease. Please do not eat or drink for 2 hours before your appointment. Please do not use any creams, or lotions on your body and come freshly showered. Please wear comfortable clothing and sneakers. If you use inhalers please bring them with you and if you are a diabetic please bring glucose tablets or a glucose snack with you.
- NUCLEAR EXERCISE STRESS TEST:** Our scheduling receptionist will give you full instructions for this test. Like the regular stress test you will be walking on a treadmill or you will be given a medication that simulates exercise. This test will determine whether you have coronary artery disease and will give us information about the health of your heart muscles. It is very important that if you cannot keep the appointment that you give us 24 hours notice since a radioactive isotope will be ordered specifically for you. This isotope is good for only several hours after it is delivered to our office and will need to be discarded if you do not show up. **The cost of the isotope is approximately \$130.00 and if you do not keep your scheduled appointment and we need to discard the dose, you will be billed for it.**
- ECHOCARDIOGRAM:** This test uses ultrasound to take movies of the heart to determine if the valves and the chambers of your heart are normal. You do not need to fast or do anything special for this test, but please refrain from using any lotions on your chest and come freshly showered. Although the test is totally without risk there may be some pressure and discomfort when the echocardiographer presses on the chest with the transducer.
- 24 HOUR HOLTER MONITOR:** You will be wearing a small recorder that will monitor every heart beat for a day. This will be applied to your chest when you come to the office and you will keep a diary of your symptoms along with a diary of your daily activity. The purpose of this device is to determine if there are any problems with your heart rate or your heart rhythm that could be causing you to have symptoms such as palpitations, dizziness, chest pain or shortness of breath. Please come freshly showered without any lotions, creams or perfumes on your chest. You are not allowed to shower while you are wearing the monitor. The monitor will be removed the next day when you come into the office.

*HEART SPECIALISTS OF CENTRAL JERSEY, LLP*  
100 Craig Road, Manalapan, NJ 07726 732 866-0800; fax 732 866-0018

*Vivian Kominos, MD, FACC; Ted Gutowski, MD, FACC; Lou-Anne Beauregard, MD, FACC,  
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*Board Certified in Cardiovascular Disease, Electrophysiology, Interventional and Nuclear  
Cardiology*

**PERSANTINE OR ADENOSINE NUCLEAR STRESS TEST INSTRUCTIONS**

Your physician has ordered a persantine or adenosine nuclear stress test, which is a method of testing your heart without or with very little exercise. The total time of the test is approximately 2.5 to 3 hours. You are required to stay in the building until the test is completed. By running continuous EKG, monitoring your heart rate and taking your blood pressure frequently, the doctor can determine the presence of clinically significant heart disease. In addition, a radioactive tracer will be injected intravenously into your blood stream and pictures will be taken of your heart. Listed below are instructions and information about the test.

- ⇒ **If you have asthma, please notify our office.**
- ⇒ Since these are timed studies, your prompt arrival is required.
- ⇒ Wear comfortable clothing and sneakers. No metal buttons, snaps or zippers on your shirt.
- ⇒ Women SHOULD wear a bra and two piece clothing.
- ⇒ No jewelry around the neck.
- ⇒ Morning patients must fast from midnight the night before, with water only in the morning.
- ⇒ Afternoon patients must fast 4 hours prior to arrival. You may have a light breakfast with **NO** dairy products.
- ⇒ No caffeine or decaffeinated beverages 24 hours prior to the test.
- ⇒ Bring a bottle of water and a snack with you.
- ⇒ Patients may take daily medications with water unless otherwise instructed by the doctor.
- ⇒ You will be receiving an injection of a radioactive isotope and be asked to sit in the waiting room for a period of time, after which, the first set of pictures will be taken of your heart.
- ⇒ Because you are unable to perform physical exercise to the needed level of exertion, the test will be performed with an I.V. medication called persantine or adenosine. This medication simulates the effect of exercise by redistributing blood flow. You will be given a second injection of an isotope. Sometimes limited exercise is used in addition to the persantine or adenosine. After this portion of the test, you will again be asked to sit in the waiting room for a period of time. A second set of pictures of your heart will be taken, after which the test will be complete.
- ⇒ There are no reactions or side effects to the isotopes used in this study.
- ⇒ Any further questions may be directed to our office.

**If your insurance requires a referral and/or pre-certification, you must bring it with you or we will be unable to perform the test.**

Your appointment has been scheduled in our office on:

DATE: \_\_\_\_\_ TIME: \_\_\_\_\_

**\*\*\* IF YOU CANNOT MAKE THIS APPOINTMENT, PLEASE GIVE US \*\*\*  
\*\*\* 24 HOURS NOTICE. A \$75.00 CHARGE WILL BE ASSESSED (TO \*\*\*  
\*\*\* COVER A PORTION OF THE COSTS FOR THE ISOTOPES) FOR \*\*\*  
\*\*\* MISSED APPOINTMENTS THAT ARE NOT CANCELLED 24 HOURS \*\*\*  
\*\*\* IN ADVANCE. THANK YOU. \*\*\***

**--If required. after hours phone: (732)378-0012--**

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**NUCLEAR EXERCISE STRESS TEST INSTRUCTIONS**

Your physician has ordered a nuclear stress test, which is a method of testing your heart during a program of graduated exercise. The total time of the test is approximately 2.5 to 3 hours. You are required to stay in the building until the test is completed. By running continuous EKG, monitoring your heart rate and taking your blood pressure frequently, the doctor can determine the presence of clinically significant heart disease. In addition, a radioactive tracer will be injected intravenously into your blood stream and pictures will be taken of your heart. Listed below are instructions and information about the test.

- ⇒ **If you have asthma, please notify our office.**
- ⇒ Since these are timed studies, your prompt arrival is required.
- ⇒ Wear comfortable clothing and sneakers. No metal buttons, snaps or zippers on your shirt.
- ⇒ Women SHOULD wear a bra and two piece clothing.
- ⇒ No jewelry around the neck.
- ⇒ Morning patients must fast from midnight the night before, with water only in the morning.
- ⇒ Afternoon patients must fast 4 hours prior to arrival. You may have a light breakfast with NO dairy products.
- ⇒ No caffeine or decaffeinated beverages 24 hours prior to the test.
- ⇒ Bring a bottle of water and a snack with you.
- ⇒ Patients who take cardiac or blood pressure medication should check with their physician to determine if they should take the medication prior to the test.
- ⇒ You will be receiving an injection of a radioactive isotope and be asked to sit in the waiting room for a period of time, after which, the first set of pictures will be taken of your heart.
- ⇒ You will then be prepared by the cardiac technician, who along with the doctor and the nuclear technician will perform your stress test.
- ⇒ While exercising on the treadmill, you will be given a second injection of an isotope. After this portion of the test, you will again be asked to sit in the waiting room for a period of time.
- ⇒ A second set of pictures of your heart will be taken, after which the test will be complete.
- ⇒ There are no reactions or side effects to the isotopes used in this study.
- ⇒ Any further questions may be directed to our office.

**If your insurance requires a referral and/or pre-certification, you must bring it with you or we will be unable to perform the test.**

Your appointment has been scheduled in our office on:

DATE: \_\_\_\_\_ TIME: \_\_\_\_\_

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