



## General Instructions

If you are unable to make your scheduled appointment, please call the office by 3:00 pm the day prior to your test.

**Missing a scheduled Nuclear Stress Test may result in a \$150 charge.**

Wear comfortable walking shoes and two-piece clothing (without metal snaps). Do not wear jewelry. Bring all medications, or a list of medications, for review. Friends/family are welcome to accompany you to the office but are not allowed in the testing area due to our privacy policy. Test results will be communicated to you by your ordering physician.

## VCS Locations

### BOULDERS VI

7401 Beaufont Springs Dr., Suite 100  
Richmond, VA 23225  
(804) 323-5011 ▪ (804) 323-5120 FAX

### FOREST MEDICAL PLAZA

7611 Forest Avenue, Suite 100  
Richmond, VA 23229  
(804) 288-4827 ▪ (804) 288-4494 FAX

### HANOVER MEDICAL PARK

8220 Meadowbridge Road, Suite 310  
Mechanicsville, VA 23116  
(804) 559-0405 ▪ (804) 559-0409 FAX

### HARBOUR POINTE

13630 Hull Street Road  
Midlothian, VA 23112  
(804) 915-1400 ▪ (804) 608-3502 FAX

### HOPEWELL

201 W. Poythress Street  
Hopewell, VA 23860  
(804) 458-1740 ▪ (804) 541-1846 FAX

### INTECARDIA

**at FOREST MEDICAL PLAZA**  
7611 Forest Avenue, Suite 100  
Richmond, VA 23229  
(804) 285-7226 ▪ (804) 285-2580 FAX

### ST. MARY'S

5875 Bremo Road, Suite 501  
Richmond, VA 23226  
(804) 282-2685 ▪ (804) 282-0780 FAX

### TAPPAHANNOCK - RIVERSIDE MOB

658 Hospital Road, Suite 302  
Tappahannock, VA 22560  
(804) 443-6235 ▪ (804) 443-6239 FAX

## Test-Specific Instructions

<input type="checkbox"/> <b>Nuclear Stress Test</b>	If you are severely claustrophobic, cannot lay flat, or cannot raise your left arm over your head, please call the office. Do not eat or drink anything, including water, for 4 hours prior to your test. Do not use any caffeine, de-caf, or nicotine for 12 hours prior to the test (including some medications). Medications should be taken as directed by your physician. Diabetic patients with early morning appointments may take 1/2 of your insulin dose with juice and dry toast. If you use an inhaler, please bring it with you to your test. Allow approximately 2-4 hours for the test.
<input type="checkbox"/> <b>MUGA</b>	No preparation is required. Allow approximately 90 minutes for the test.
<input type="checkbox"/> <b>Stress Echo</b>	Do not eat or drink anything, including water, for 3 hours prior to the test. Allow approximately 90 minutes for the test.
<input type="checkbox"/> <b>Exercise Stress Test (Treadmill only)</b>	Do not eat or drink anything, including water, for 3 hours prior to the test. Allow approximately 1 hour for the test.
<input type="checkbox"/> <b>Vascular Studies</b>	No preparation is required for most studies. Allow approximately 1 hour for the test. <b>Renal/Abdominal Vessel Studies require the following preparation:</b> No food after midnight the night before the test. For late afternoon testing, have dry toast and clear liquids for an early breakfast. Take your normal medications with small sips of water. Take Gas-X the night before and the morning of the test.
<input type="checkbox"/> <b>Echocardiogram</b>	No preparation is required. Allow approximately 1 hour for the test.
<input type="checkbox"/> <b>EKG</b>	No preparation is required. Allow approximately 15 minutes for the test.
<input type="checkbox"/> <b>CT Angiography</b>	Patient preparation and medications are necessary for this test and vary by the type of CTA scheduled. Please refer to specific CTA patient instructions provided by our office.
<input type="checkbox"/> <b>CT Heart Scan</b>	No preparation is required. Allow approximately 30 minutes for the test.
<input type="checkbox"/> <b>Vascular View</b>	Do not eat anything for 4 hours prior to the test (for the abdominal aortic aneurysm portion of the test). Allow approximately 45 minutes for the test.

For directions, forms and additional testing information, please visit our website  
[www.vacardio.com](http://www.vacardio.com)