



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

BELL CREEK MEDICAL PARK
7505 Right Flank Road, Suite 700
Mechanicsville, VA 23116
(804) 559-0405 ▪ (804) 559-0409 FAX

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

HARBOURSIDE MEDICAL CENTER
6120 Harbourside Centre Loop
Midlothian, VA 23112
(804) 915-1400 ▪ (804) 608-3502 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 Bremono Road, Suite 505
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

WATERSIDE
4700 Puddledock Road, Suite 400
Prince George, VA 23875
(804) 458-1740 ▪ (804) 541-1846 FAX

Test-Specific Instructions

<input type="checkbox"/> Nuclear Stress Test	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"/> MUGA	No preparation is required. Allow approximately 90 minutes for the test.
<input type="checkbox"/> Stress Echo	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"/> Exercise Stress Test (Treadmill only)	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"/> Vascular Studies	No preparation is required for most studies. Allow approximately 1 hour for the test. Renal/Abdominal Vessel Studies require the following preparation: 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"/> Echocardiogram	No preparation is required. Allow approximately 1 hour for the test.
<input type="checkbox"/> EKG	No preparation is required. Allow approximately 15 minutes for the test.
<input type="checkbox"/> CT Angiography	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"/> CT Heart Scan	No preparation is required. Allow approximately 30 minutes for the test.
<input type="checkbox"/> Vascular View	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