



**Ordering Physician:**

- James S. Rellas, MD, PA, MSMM, FACC
- Brian T. Blatt, DO, FACC, CCDS
- Shruti Boorla, DO
- Shailja Parikh, MD

**Patient:** \_\_\_\_\_

## TESTING APPOINTMENTS

Please note that you are scheduled for cardiovascular testing and **NOT** a physician's visit.

If you would like an appointment to review your testing results with a physician, an office visit can be scheduled. A co-payment will be collected for this office visit.

You have been scheduled for the following test: **[No preparation required]**

- Echocardiogram  
45 minute test
- Vascular Ultrasound  
30-90 minute test
- Holter Monitor  
15 minute test

You have been scheduled for the following test:

**[Please review instructions below]**

- Echo Stress Echo  
1 hour test
- Stress Echo  
45 minute test
- Nuclear Stress Test  
3 hour test
- Microvolt T Wave Alternans  
1 hour test
- PET Nuclear Stress Test  
45 minute test

1. Please take all of your medications as usual **except beta blockers** [see list on back].
2. If you are taking a beta blocker, **do not take it the day before and the day of testing.**
  - You may have a light meal and a non-caffeinated drink, up to 2 hours **BEFORE** your test.
  - Do **NOT** consume **ANY** caffeine or alcohol for at least 24 hours **BEFORE** your stress test.
  - Wear comfortable clothing and **athletic/rubber soled shoes.**
  - Do not apply any after shave, creams, lotions, or powder to your chest and neck area on the day of your test. You may wear deodorant.
  - If you have a history of wheezing, asthma, chronic lung disease, or take **Theophylline or Aminophylline** type medications, please inform the technician and if applicable, bring your inhaler to your appointment.
3. **Diabetic patients:** If you are on insulin or oral hypoglycemic medications, **eat a light snack 2 hours before** your appointment and **TAKE** your diabetic medications.

**\*\*\*PET PATIENTS\*\*\* DO NOT TAKE ANY BLOOD PRESSURE MEDICATIONS, HEART MEDICATIONS, OR ANY FORM OF NITRO, THE NIGHT BEFORE OR THE DAY OF YOUR TEST.**

**Nuclear / PET Test:** Your appointment will take approximately 3 hours. Materials for nuclear testing are expensive and ordered for each individual patient.

**If you must cancel or change your appointment please do so 24 hours before your scheduled appointment time. Patients who cancel their appointment with less than 24 hours notice will be charged a \$75 wasted material fee. PET patients will also be charged a \$75 wasted material fee for appointments that are cancelled less than 24 hours in advance.**

**Scheduled testing:** \_\_\_\_\_

**Date and Time:** \_\_\_\_\_

**Location of testing:**

- Texas Clinic at Prestonwood; 6957 West Plano Parkway at Marsh Lane; Suite 1000; Plano, TX 75093  
[Please park on the south side of the building. Enter through the double glass doors. We will be on your immediate left]
- Hickory Creek Office: 3600 FM 2181; Suite 200 (Swisher Road); Hickory Creek, TX 75065
- Irving Office: 7200 N. State Hwy 161, Suite 300; Irving, TX 75039
- Arlington Office: 400 West Arbrook, Suite 320; Arlington, TX 76014
- Dallas Office: 9528 Webb Chapel Road; Dallas, TX 75220

**(972) 939-8294**

### BETA BLOCKERS

BRAND NAMES	GENERIC NAMES
Betapace	Sotalol
Blocadren	Timolol
Brevibloc	Esmolol
Bystolic	Nebivolol
Cartrol	Carteolol
Coreg	Carvedilol
Corgard	Nadolol
Corzide	Nadolol / Bendroflumethiazide
Inderal	Propranolol
Inderide	Propranolol / HCTZ
Kerlone	Betaxolol
Levatol	Penbutolol
Lopressor HCT	Metoprolol / HCTZ
Lopressor	Metoprolol
Normodyne	Labetalol
Sectral	Acebutolol
Tenoretic	Atenolol / Chlorthalidone
Tenormin	Atenolol
Timolide	Metoprolol
Trandate	Labetalol
Visken	Pindolol
Zebeta	Bisoprolol
Lopressor	Toprol
Ziac	Bisoprolol Fumarate & HCTZ