

Cardiac Testing Preparation Tips



Discuss test options with your patients, covering risks and benefits. For an appropriate test, benefits will typically outweigh risks.¹



Explain why the test is being performed and how the test results may be used to make decisions about patient care.



Help your patients understand the test preparation requirements to avoid potential rescheduling.



Identify medications that your patients may need to abstain from that could interfere with their scheduled procedure.²



Clarify fasting requirements—patients may need to fast and avoid caffeine prior to a pharmacologic stress test.²



Check that your patients know the location of the testing facility, how to prepare for the test, and what they can expect on the day of the test.



Encourage your patients to contact the testing facility with any specific questions.

REFERENCES

1. Wolk MJ, Bailey SR, Doherty JU, et al. ACCF/AHA/ASE/ASNC/HFSA/HRS/SCAI/SCCT/SCMR/STS 2013 multimodality appropriate use criteria for the detection and risk assessment of stable ischemic heart disease. *J Am Coll Cardiol* 2014;63(4):380-406.
2. Henzlova MJ, Duvall WL, Einstein AJ, Travin MI, Verberne HJ. ASNC imaging guidelines for SPECT nuclear cardiology procedures: stress, protocols, and tracers. *J Nucl Cardiol* 2016;23(3):606-39.

