

## Test Preparation

More detailed brochures are available from your doctor or call the hospital where you are booked for the test  
OAKVILLE Hospital 905-338-4686 MILTON Hospital 905-876-7012 GEORGETOWN Hospital 905-873-0111 ext 8569

Please check front page to see what test has been ordered  
Follow the instructions according to the test ordered

### 1. Echocardiography

#### ◆ 2D Echo and Colourflow Doppler

- No preparation
- Children between the ages of 1-3 years may require sedation

#### ◆ Transesophageal Echo

- Nothing to eat or drink from 10:00 p.m. the night before the test. An Echo technician will phone and confirm this with you
- Make arrangements for someone to drive you home after the test, as sedation will be given
- Bring a list of your current medications

### 2. Exercise Stress

- Bring your current medications
- No alcohol for 24 hours prior to the test
- No caffeine the day of the test
- Nothing to eat 2 hours prior to the test
- Wear comfortable exercise clothes. Top should be loose and short-sleeved. Please wear running shoes or rubber-soled walking shoes. Bare feet and sandals are not allowed

### 3. Nuclear Cardiology

- Bring your current medications
- No alcohol or caffeine for 24 hours prior to the test (e.g. decaffeinated or herbal tea, coffee, chocolate, caffeinated cola)
- No food or drink 4 hours prior to the test. No fatty foods the day of the test
- Test is approximately 4 - 5 hours
- Please bring fruit, vegetables and/or juice with you as you will be allowed to have these half-way through the test
- If you are a diabetic and take insulin, discuss with the nurse in Cardiology what and when you should eat (905-338-4686)

### 4. Holter and Arrhythmia Monitor

- Bring your current medications
- No preparation required
- For Women: please wear pants or skirt with a separate top; try to avoid wearing dresses or other one-piece garment

### 5. 12-Lead ECG

- No preparation required

