

LGH MERRIMACK VALLEY CARDIOLOGY ASSOCIATES, LLC.

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MYOVIEV STRESS TEST - MYOCARDIAL THALLIUM STRESS TEST

PLEASE REVIEW THESE INSTRUCTIONS IMMEDIATELY

Please report to: Merrimack Valley Cardiology
14 Research Place, 3rd FL
North Chelmsford, MA 01863

You must allow 3 – 4 hours for this test.

AVOID THE FOLLOWING FOR 24 HOURS BEFORE TESTING:

- Beta blockers (examples: Atenolol, Betapace, Coreg, Corgard, Inderal, Labetolol, Lopressor, Metoprolol, Nadolol, Propranolol, Sotalol, Tenormin, Toprol XL.) Bring this medicine with you.
- No nicotine.

AVOID FOR 12 HOURS BEFORE TESTING:

- Absolutely **NO CAFFEINE** or **DECAFFEINATED** products, or procedure will be cancelled. (examples: **Chocolate, coffee, tea and soda, even if it says caffeine free**)
- Avoid dairy products such as milk, cheese, yogurt and ice cream. Light margarine is allowed.

MORNING OF THE TEST:

- **YOU MUST HAVE** a light breakfast on the day of testing; **DO NOT FAST** or test may be cancelled. Suggestions: toast, bagel, muffin, oatmeal and juice or water are okay.
- **Diabetic patients** take ½ of usual insulin dose or ½ of oral hypoglycemic dose with breakfast.
- **If you use inhalers, bring them with you.**
- If your arrival time is after 11:00AM, you may have an additional light snack (crackers, fruit, toast, or soup) prior to arrival for testing.
- Wear comfortable clothing and walking shoes (preferably sneakers).
- Male patients, small areas of the chest may need to be shaved to ensure proper adhesion of the leads.
- You can use deodorant but no body or moisturizing lotion on the upper torso
- **You will be able to leave mid way between the test to eat a snack, but if you prefer not to leave please bring a snack and drink with you.**

The materials ordered for your test are ordered specifically for you. They are quite costly and cannot be re-used. If you are unable to keep your appointment, please call us the day before by 4:30 p.m. at (978)256-6607.

*Stress Testing · Echo and Nuclear Stress Testing · Echocardiography · Cardiac CT · Event Monitoring · Holter Monitoring
Pacemaker and Defibrillator Insertion and Management · Cardiac Catheterization · Angioplasty · Interventional Cardiology
Peripheral Vascular Interventions · Carotid and Peripheral Vascular Ultrasonography · Electrophysiology Evaluation and Therapy*

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