

ISLAND CARDIOVASCULAR ASSOCIATES, L.L.P.

A Division of Millennium Medical Professionals, P.L.L.C.

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PRACTICE LIMITED TO CARDIOVASCULAR DISEASES



DIAGNOSTIC TEST INSTRUCTIONS

STRESS ECHOCARDIOGRAM / EXERCISE STRESS TEST

(TREADMILL or DOBUTAMINE)

- **No food 3 hours prior to test**, but you may have as much water as you like.
- Wear comfortable clothing, sneakers or walking shoes. NO sandals or flip-flops.
- Take all medications as usual, unless otherwise indicated by your doctor.

ECHOCARDIOGRAM (Cardiac Sonogram)

- Wear loose clothing that can be easily removed from the waist up

CAROTID SONOGRAM

- Wear loose clothing at the neck (No turtlenecks)

ABDOMINAL AORTIC SONOGRAM

- **Nothing to eat 6 hours prior to exam**
- You may drink water only. Do **not** consume/drink caffeine.
- Take your medications as you usually do
- Wear loose clothing at the waist

HOLTER MONITOR

- Monitor will be on for 24 hours
- Please do not get it wet
- Please shower before your appointment or after you return it – No shower or bathing while monitor is on
- Symptom diary should include day, time, symptom, and what you were doing when symptom occurred.
- Holter should be returned at your scheduled time to allow for cleaning and timely processing.

SCHEDULE A FOLLOW UP APPOINTMENT AT THE COMPLETION OF TESTING.

- All test results will be discussed in detail at the time of your follow up appointment

**PLEASE BE ADVISED A \$50 CANCELLATION FEE WILL BE APPLIED TO ANY
MISSED OR CANCELED APPOINTMENTS WITHOUT 24-HOURS NOTICE.**

Please give us the courtesy & call to reschedule.

Thank you for your understanding

