



## General Instructions

**Missed appointments or cancellations made less than 48 hours prior to the scheduled appointment time may result in a cancellation fee.**

Wear comfortable walking shoes and two-piece clothing (without metal snaps). Do not wear jewelry. Bring all medications, or a list of medications, for review. Friends/family are welcome to accompany you to the office but are not allowed in the testing area due to our privacy policy. Test results will be communicated to you by your ordering physician.

## VCS Locations

**BELL CREEK MEDICAL PARK**  
7505 Right Flank Road, Suite 700  
Mechanicsville, VA 23116  
(804) 559-0405 ▪ (804) 559-0409 FAX

**FOREST MEDICAL PLAZA**  
7611 Forest Avenue, Suite 100  
Richmond, VA 23229  
(804) 288-4827 ▪ (804) 285-2580 FAX

**HARBOURSIDE MEDICAL CENTER**  
6120 Harbourside Centre Loop  
Midlothian, VA 23112  
(804) 915-1400 ▪ (804) 608-3502 FAX

**ST. MARY'S**  
5875 Bremono Road, Suite 104  
Richmond, VA 23226  
(804) 282-2685 ▪ (804) 282-0780 FAX

**STONY POINT**  
8700 Stony Point Parkway, Suite 120  
Richmond, VA 23235  
(804) 323-5011 ▪ (804) 323-5120 FAX

**TAPPAHANNOCK**  
1396 Tappahannock Blvd, Unit B  
Tappahannock, VA 22560  
(804) 288-4827 ▪ (804) 559-0409 FAX

**WATERSIDE**  
4700 Puddledock Road, Suite 400  
Prince George, VA 23875  
(804) 458-1740 ▪ (804) 541-1846 FAX

**WESTCREEK**  
1630 Wilkes Ridge Pkwy, Suite 303  
Richmond, VA 23233  
(804) 708-0445 ▪ (804) 708-2429 FAX

## Test-Specific Instructions

<input type="checkbox"/> <b>Nuclear Stress Test</b>	If you are severely claustrophobic, cannot lay flat, or cannot raise your left arm over your head, please call the office. Do not eat or drink anything, including water, for 4 hours prior to your test. Do not use any caffeine, de-caf, or nicotine for 12 hours prior to the test (including some medications). Medications should be taken as directed by your physician. Diabetic patients with early morning appointments may take 1/2 of your insulin dose with juice and dry toast. If you use an inhaler, please bring it with you to your test. Allow approximately 2-4 hours for the test.
<input type="checkbox"/> <b>Cardiac PET</b>	If you are severely claustrophobic, cannot lay flat, or cannot raise your left arm over your head, please call the office. Do not eat or drink anything, including water, for 4 hours prior to your test. <b>Do not use any caffeine, de-caf, or nicotine for 12 hours prior to the test (including some medications), please note if caffeine is consumed test will be cancelled.</b> Medications should be taken as directed by your physician. If you use an inhaler, please bring it with you to your test. Allow approx 1 hr for the test.
<input type="checkbox"/> <b>MUGA</b>	No preparation required. Allow approximately 90 mins for test.
<input type="checkbox"/> <b>Stress Echo</b>	Do not eat or drink anything, including water, for 3 hours prior to the test. Allow approximately 90 minutes for the test.
<input type="checkbox"/> <b>Exercise Stress Test (Treadmill only)</b>	Do not eat or drink anything, including water, for 3 hours prior to the test. Allow approximately 1 hour for the test.
<input type="checkbox"/> <b>Vascular Studies</b>	No preparation is required for most studies. Allow approximately 1 hour for the test. <b>Renal/Abdominal Vessel Studies require the following preparation:</b> No food after midnight the night before the test. For late afternoon testing, have dry toast and clear liquids for an early breakfast. Take your normal medications with small sips of water. Take Gas-X the night before and the morning of the test.
<input type="checkbox"/> <b>Echocardiogram</b>	No preparation required. Allow approximately 1 hour for test.
<input type="checkbox"/> <b>EKG</b>	No preparation required. Allow approximately 15 mins for test.
<input type="checkbox"/> <b>CT Angiography</b>	Patient preparation and medications are necessary for this test and vary by the type of CTA scheduled. Please refer to specific CTA patient instructions provided by our office.
<input type="checkbox"/> <b>CT Heart Scan</b>	No preparation is required. <b>Script or order from your physician is required to conduct the scan.</b> Allow approximately 30 minutes for the test.
<input type="checkbox"/> <b>Vascular View</b>	Do not eat anything for 4 hours prior to the test (for the abdominal aortic aneurysm portion of the test). Allow approximately 45 minutes for the test.