

ADVENTIST HEALTH PORTLAND
10000 SE Main St, Portland, OR 97216
Cardiology Department
Phone 503-251-6123

PATIENT NAME: _____ DOB: _____ PHONE#: _____
PT INSURANCE: _____ AUTHORIZATION NUMBER: _____
DIAGNOSIS: _____
APPOINTMENT DATE & TIME: _____ ARRIVAL TIME: _____ AM/PM
MD NAME: _____ MD SIGNATURE: _____
OFFICE NAME & NUMBER: _____

Please stop at Patient Registration

- EKG/ECG** (12 lead) Walk-in test, no appointment necessary. Hours of operation: Monday through Friday from 8:00 AM until 4:30 PM.
- Echocardiogram** Resting ultrasound of the heart. Do not use lotion, powder or perfume.
- Stress Echocardiogram** (Echo imaging of the heart plus 12-lead EKG while exercising on a Treadmill or supine (reclined) bicycle exercise test) **No caffeine, decaf or nicotine products for 4-6 hours prior to test. Do not take Beta Blockers. You will receive a call to go over instructions before your test.** Light meal may be eaten up to 2 hours prior to test. Wear comfortable clothes and athletic shoes (absolutely no heels or backless shoes). Do not use lotion, powder or perfume the day of the test.
- Dobutamine Stress Echocardiogram** Non-exercise pharmacologic stress test. **No caffeine, decaf or nicotine products for 4-6 hours prior to test. Do not take Beta Blockers. You will receive a call to go over instructions before your test.** Do not use lotion, powder or perfume the day of the test.
- Treadmill Stress Test** 12-Lead treadmill test. **No caffeine, decaf or nicotine products for 4-6 hours prior to test. Do not take Beta Blockers. You will receive a call to go over instructions before your test.** Light meal may be eaten up to 2 hours prior to test. Wear comfortable clothes, a sports bra and athletic shoes (absolutely no heels or backless shoes). Do not use lotion, powder or perfume the day of the test.
- Regadenoson Pharmacologic Myocardial Perfusion Exercise Stress Test-**
Take nothing by mouth, no food or fluids, for 4 hours before test. Small amounts of water are ok. **No caffeine, decaf or nicotine products for 12 hours prior to test. Hold any long acting nitrates for 24 hours. Take hypertensive medications with small amount of water.** Do not take Xanthine based drugs (theophylline, aminophylline) for 48-72 hours before the test. You will receive a call to go over instructions before your test. Do not use powder, lotion or perfume the day of the test.
- Nuclear Medicine Treadmill Stress Test (Myocardial Perfusion Treadmill Test)**
Take nothing by mouth, no food or fluids, for 4 hours before test. Small amounts of water are ok. **No caffeine, decaf or nicotine products for 12 hours prior to test. Hold any long acting nitrates for 24 hours. No beta blockers evening before and day of procedure.** You will receive a call to go over instructions before your test. Wear comfortable clothes and athletic shoes (absolutely no heels or backless shoes). Do not use powder, lotion or perfume the day of the test.

Schedule all patients with Patient Scheduling Phone 503-251-6137 FAX 503-261-6058

Patients with Diabetes: *When you are having exams that require nothing by mouth, contact your doctor for directions about your diabetic medications. If you have a glucometer please bring it with you.*

NOTE: Please leave small children at home. We cannot provide childcare services during appointments.

Adventist Health Portland, OR
OUTPATIENT PROCEDURE ORDER FORM
CARDIOLOGY DEPARTMENT

Page 1 of 1

46750 Rev. 01/2021