



# Your Guide to Mercy Cardiac Diagnostic Testing

To learn more about our comprehensive heart and vascular services, visit [mercy.net/CardioTest](https://www.mercy.net/CardioTest)



*Your life is our life's work.*



## Thank you for choosing Mercy and welcome to our cardiac testing services.

As prescribed by your doctor, our team of highly trained and experienced cardiologists, nurses, sonographers and technologists will perform and interpret one or more of the following tests to evaluate the condition and performance of your heart.

**This booklet explains what you can expect with each test and how to prepare.**

For testing price estimate from Mercy, please call 417-820-7300 or toll free 866-360-7060.

## Your physician has recommended you have the following test(s):

- Exercise Myocardial Perfusion Imaging - (Page 4)
- Pharmacologic Myocardial Perfusion Imaging - (Page 5)
- Exercise Stress Echocardiogram - (Page 6)
- Echocardiogram - (Page 6)
- Pharmacologic Exercise Stress Echocardiogram - (Page 7)
- Cardioversion\* - (Page 8)
- Transesophageal Echocardiogram\* - (Page 9)
- Exercise Stress Electrocardiogram - (Page 10)
- Electrocardiogram (EKG) - (Page 10)
- Holter Monitor - (Page 11)
- Cardiac Event Monitor - (Page 11)

\* Performed at certain locations only.



# Exercise Myocardial Perfusion Imaging

*(Also known as NM Myocardial Initial B or Nuc Med Stress Test)*

- Determines if you have significant blockage (coronary artery disease) within one or more of your heart arteries.
- Identifies damaged heart muscle areas (heart attack).
- Helps determine your safest exercise rehabilitation program.
- Performed on a treadmill.

## What will happen:

**Treadmill Nuclear Stress Test:** This is a type of stress test that uses radioactive tracers given through an intravenous line (IV) to obtain information about the blood flow to the heart muscle at rest and at stress. The entire test takes approximately 2 - 2.5 hours.

## In preparation for this test:

- Please wear comfortable clothing and shoes.
- Bring a list of all current medications.
- Do not eat or drink anything after midnight the night before your test. If your test is 11 a.m. or later, you may eat two pieces of dry toast and 6oz. of juice 4 hours prior to your appointment.
- Please take your morning medications according to your daily schedule, unless instructed otherwise.
- No smoking 2 hours prior to your appointment.
- No products containing caffeine for 12 hours prior to your test. No coffee, tea, soda, decaffeinated beverages, chocolate, or aspirin, excedrin, that contains caffeine.
- For diabetics, HOLD diabetes control medications the morning of your test and DO NOT eat breakfast. If your test is 11 a.m. or later, you may take your diabetes control medications and eat two pieces of dry toast and 6oz. of juice 4 hours prior to your appointment.
- Bring your albuterol inhaler if you use one.
- **HOLD MEDICATIONS:** Hold the following medications for 24 hours prior to your appointment unless otherwise specified by your physician. Carvedilol, Toprol XL/ Lopressor (Metoprolol), Atenolol, Propranolol, Nebivolol, Nadolol, Bisoprolol, Diltiazem, Verapamil.
- If you are on Sotalol, you do not need to stop it for this test.

# Pharmacologic Myocardial Perfusion Imaging

## *Lexiscan Nuclear Stress Test (non-walking)*

- Determines if you have significant blockage (coronary artery disease) within one or more of your heart arteries.
- Identifies damaged heart muscle areas (heart attack).
- Helps determine your safest exercise rehabilitation program.
- Uses medication in place of treadmill exercise or in combination with the treadmill.

### **What will happen:**

This is a non-walking type of stress test using radioactive tracers that help obtain pictures of your heart muscle. Lexiscan will be infused through the IV to increase blood flow to your heart. Images of your heart will be obtained to assess blood flow to the heart muscle at rest and at stress. The entire test takes approximately 2 - 2.5 hours.

### **How to prepare:**

- Do not eat or drink anything after midnight the night before your test. If your test is 11 a.m. or later, you may eat two pieces of dry toast and 6oz of juice 4 hours prior to your appointment.
- Please take your morning medications according to your daily schedule unless instructed otherwise.
- No smoking 2 hours prior to your appointment.
- No products containing caffeine for 12 hours prior to your test. No coffee, tea, soda, decaffeinated beverages, chocolate, or aspirin, excedrin, that contains caffeine.
- For diabetics, HOLD diabetes control medications the morning of your test and DO NOT eat breakfast. If your test is 11 a.m. or later, you may take your diabetes control medications and eat two pieces of dry toast and 6oz of juice 4 hours prior to your appointment.
- Bring your albuterol inhaler if you use one.
- **HOLD MEDICATIONS:** Hold the following medications for 48 hours prior to your appointment, Aggrenox, Persantine, Dipyridamole, Aminophylline, Theophylline, Pentoxifyline (Trental), Viagra, Cialis, Levitra or asthma medications such as Constant-T, Primatene, Slophyline, or TheoDur.
- **HOLD MEDICATIONS:** Hold the following medications for 24 hours prior to your appointment unless otherwise specified by your physician. Carvedilol, Toprol XL/ Lopressor (Metoprolol), Atenolol, Propranolol, Nebivolol, Nadolol, Bisoprolol, Diltiazem, Verapamil.
- If you are on Sotalol, you do not need to stop it for this test.

## Exercise Stress Echocardiogram (on a treadmill)

### *(Also known as, US Treadmill Echo)*

- Determines if you have significant blockage (coronary artery disease) within one of more of your heart arteries.
- Identifies damaged heart muscle areas (heart attack).
- Helps determine your safest exercise rehabilitation program.
- Performed on a treadmill.

#### **What will happen:**

You will exercise on a treadmill until you become too tired to continue or you're asked to stop. Prior to and immediately after you exercise, we will take ultrasound pictures of your heart. This study will take approximately one hour. Based on your ultrasound pictures, you might need a needle in your arm to give you special medicine to obtain better images.

#### **How to prepare:**

- Do not eat or drink 4 hours before the test.
- Patient may take medication with sips of water.
- Bring a list of current medications
- Wear comfortable clothes and shoes: you will be walking BRISKLY on a treadmill with an incline.
- **HOLD MEDICATIONS:** Hold the following medications for 24 hours prior to your appointment unless otherwise specified by your physician. Carvedilol, Toprol XL/ Lopressor (Metoprolol), Atenolol, Propranolol, Nebivolol, Nadolol, Bisoprolol, Diltiazem, Verapamil.
- If you are on Sotalol, you do not need to stop it for this test.

## Echocardiogram *(Also known as ECHO or Ultrasound of the Heart)*

- Assesses the size, shape and thickness of your heart, including the walls and chambers.
- Shows the function of your heart valves.
- Evaluates your heart's "pumping strength."

#### **What will happen:**

Prior to your exam, you will be directed to change into a patient gown so the sonographer can scan your heart through the surface of your chest. While laying on an exam bed, an ultrasound of your heart will be performed by a cardiac sonographer using gel applied to your chest. Based on your ultrasound

pictures, you may need a image enhancer given through an intravenous line (IV) to obtain better imaging. The total ultrasound time is approximately 60 minutes.

#### **In preparation for this test:**

- There is nothing you must do to prepare for this exam. The total ultrasound time is approximately 60 minutes.

## **Pharmacologic Exercise Stress Echocardiogram**

*(Also known as non-walking stress test or Echo Stress Pharm w/Cont ECG)*

- Determines if you have significant blockage (coronary artery disease) within one of more of your heart arteries.
- Identifies damaged heart muscle areas (heart attack).
- Helps determine your safest exercise rehabilitation program.
- Uses medication in place of treadmill exercise.

#### **What will happen:**

An intravenous line (IV) will be placed in your arm. A medication will be given that takes the place of you walking on a treadmill. You will have echocardiogram images taken throughout the procedure. This is not an exercise test, medication will be given and patient will not walk on treadmill.

#### **How to prepare:**

- Do not eat or drink 4 hours before the test.
- You may take medication with sips of water.
- Bring a list of current medications.
- Bring medications with you in case you need to take them after your test is completed.
- **HOLD MEDICATIONS:** Hold the following medications for 24 hours prior to your appointment unless otherwise specified by your physician. Carvedilol, Toprol XL/ Lopressor (Metoprolol), Atenolol, Propranolol, Nebivolol, Nadolol, Bisoprolol, Diltiazem, Verapamil.
- If you are on Sotalol, you do not need to stop it for this test.

# Cardioversion

Your doctor has recommended you have this procedure because you have an irregular – usually fast – heart rhythm. This test will help restore a normal heart rhythm.

## What will happen:

You will be given medicine to help you relax and make you feel drowsy or fall asleep. During cardioversion, a physician sends electrical shocks to your heart muscle to help return it to a normal rhythm.

## How to prepare:

- The night before your test, don't eat or drink after midnight. We will have to reschedule your test if you've eaten anything at all.
- Take your prescribed medications as usual with water except oral diabetic pills and diuretics.
- **DO NOT HOLD BLOOD THINNERS.**
- Do not take oral diabetic medications until after you've completed your test and have a chance to eat.
- Be sure to bring your driver's license, insurance card and a complete list of your current medications (name, dose, frequency). For your security, please leave your medications and valuables at home.
- Please make arrangements to have a friend or loved one bring you to your appointment and take you home. Also, for your safety, don't drive or operate machinery for 24 hours after your test.

## Transesophageal Echocardiogram (Also known as TEE)

- Detects if there are blood clots, masses or tumors inside your heart.
- Gauges the severity of certain valve problems and helps detect heart valve infections, certain congenital heart diseases, such as a hole between the upper chambers of the heart, and a tear of the aorta.
- Evaluates patients who have had who have had a stroke as a result of blood clots.
- Detects the clot inside the left atrium and is often performed prior to a cardioversion.

### What will happen:

We will give you a medicine to help you relax and make you feel drowsy or fall asleep. We will give you some oral viscous gel for you to swish and swallow to numb your throat and prevent you from gagging. We will then insert a transducer down your esophagus to get clear images of your heart structures without the interference of your lungs and chest. This procedure may be as short as a few minutes or last for a half hour or longer.

### How to prepare:

- The night before your test, don't eat or drink after midnight. We will have to reschedule your test if you've eaten anything at all.
- Take your prescribed medications as usual with water except oral diabetic pills and diuretics.
- **DO NOT HOLD BLOOD THINNERS.**
- Do not take oral diabetic medications until after you've completed your test and have a chance to eat.
- If you've been instructed in the past to take antibiotics prior to a non-sterile procedure, notify the scheduling personnel.
- Be sure to bring your driver's license, insurance card and a complete list of your current medications (name, dose, frequency). For your security, please leave your medications and valuables at home.
- **Please let our scheduling nurse know if you:**
  - ▶ Have any swallowing disorder or have had any type of esophageal surgery or any neck surgery.
  - ▶ Are allergic to any medications.
  - ▶ Take Coumadin/Warfarin (blood thinners). Prior to your test, our physician will want to review where your last INR blood work was done.
- Please make arrangements to have a friend or loved one bring you to your appointment and take you home. Also, for your safety, don't drive or operate machinery for 24 hours after your test.

## Exercise Stress Electrocardiogram

*(Also known as walking stress test)*

- Determines if you have significant blockage (coronary artery disease) within one of more of your heart arteries.
- Helps determine your safest exercise rehabilitation program.
- Provides information on your exercise ability and potential for rhythm disturbances during exercise.
- Performed on a treadmill.

### What will happen:

You'll exercise on a treadmill until you become too tired to continue or you're asked to stop. We will continuously monitor your electrocardiogram during the test and for several minutes afterward.

### How to prepare:

- How to prepare:
  - Do not eat or drink 4 hours before the test.
  - NO smoking 4 hours prior; remove smoking patch in AM.
  - Wear comfortable clothing and shoes.
  - Bring a list of current medications.
  - Bring medications with you in case you need to take them after your test is completed.
- **HOLD MEDICATIONS:** Hold the following medications for 24 hours prior to your appointment unless otherwise specified by your physician. Carvedilol, Toprol XL/ Lopressor (Metoprolol), Atenolol, Propranolol, Nebivolol, Nadolol, Bisoprolol, Diltiazem, Verapamil.
- If you are on Sotalol, you do not need to stop it for this test.

## Electrocardiogram (EKG)

- Checks for issues with the electrical activity of your heart.
- Shows the heart's electrical activity as line tracings on paper.
- The spikes and dips in the tracings are called waves.

### What will happen:

We will place four electrodes on your chest. We will have you lay on your back on an exam table and connect wires attached to an EKG machine. A tracing of the electrical activity of your heart will be performed. The tech performing the test may need to shave your chest.

### How to prepare:

- Wear comfortable clothes. You will be asked to disrobe from your waist up.
- The entire test takes approximately 5 minutes.

## Holter Monitor

You will wear a monitor (24 to 48 hours) that records an electrical signal from the heart via electrodes attached to your chest. The information recorded is reviewed for cardiac arrhythmias.

### What will happen:

A sensor will be applied to your chest. You will not be able to shower or get the monitor wet during the time that you are wearing it. The tech performing the test may need to shave your chest..

### How to prepare:

- No lotions or creams applied to chest area prior to test.

**HOLTER MONITOR RETURN:** The tech placing the monitor will provide instructions where to return the monitor.

Results will be provided by the ordering physician approximately one week after return of the monitor.

## Cardiac Event Monitor

This monitor is about the size of a beeper used to capture cardiac arrhythmias. You will wear the monitor for up to 30 days depending on the length of time your physician requests. The monitor is attached to electrodes on your chest.

### What will happen:

We will place a sensor to your chest and you will wear the monitor. You will be able to wear the monitor to shower\bathe, but **DO NOT SUBMERGE**.

After the monitoring period is over, you will mail the monitor back in the postage-paid envelope. A third-party will download the information and send it to your physician to review. This may take up to two (2) weeks to get the full report.

### How to prepare:

There is no preparation necessary for this test.

Holter & Event Monitors are resulted by a third-party company. Mercy will have an associated fee for placement of the device and the third-party vendor monitoring and providing results to your physician will have a separate billing.

# Mercy Cardiac Diagnostic Testing Locations



Map is not to scale

- A Mercy Heart and Vascular Hospital**  
625 S. New Ballas Rd.  
St. Louis, MO 63141
- B North County**  
755 Dunn Rd.  
Hazelwood, MO 63042
- C South County**  
12348 Old Tesson Rd.  
St. Louis, MO 63128
- Mercy Hospital South**  
10010 Kennerly Rd.  
St. Louis MO 63128
- D South County**  
10012 Kennerly Rd.  
Physicians Office Center  
Suite 300  
St. Louis, MO 63128
- E Clayton - Clarkson**  
15945 Clayton Rd.  
Ballwin, MO 63011
- F Rolla**  
1605 Martin Springs Dr.  
Suite 240  
Rolla, MO 65401
- G Fenton**  
1203 Smizer Mill Rd.  
Suite 102  
Fenton, MO 63026
- H St. Charles**  
1820 Zumbahl Rd.  
Suite 110  
St. Charles, MO 63303
- I Shrewsbury**  
7345 Watson Rd.  
Suite LL1  
St. Louis, MO 63119
- J Kirkwood**  
1001 S. Kirkwood Rd.  
Suite 310  
Kirkwood, MO 63122
- K Festus**  
1390 US Highway 61  
Suite N1500  
Festus, MO 63028
- L Washington**  
901 Patients First Dr.  
Suite 2400  
Washington, MO 63090
- M Sullivan**  
1326 S. Service Road West  
Suite 40  
Sullivan, MO 63080

## MyMercy

With MyMercy, our free online health management tool, you can stay in touch with your Mercy care team, request appointments, see lab results and more, anytime and anywhere. If you already have a Mercy physician, you can sign up today.

Go to [mymercy.net](http://mymercy.net) to register or learn more.