
COMPREHENSIVE CARDIAC EVALUATION

INSTRUCTIONS FOR TESTING

FIRST DAY OF TESTING

To best prepare for your Blood Work, EKG and CT test, please do the following:

Expect to be here about 45 minutes.

- 1) Take any medications at your prescribed times.
- 2) Fast for 12 hours prior to testing. No food or drink after midnight.
- 3) No alcoholic beverages 3 days prior to testing.
- 4) Do not use creams or oils on your chest or neck for at least 24 hours prior to testing.
- 5) No underwire bra - may wear a sports bra
- 6) Please bring back all paperwork.

SECOND DAY OF TESTING

To best prepare for final segment of the CCE. Expect to be here about three and half hours.

- 1) Wear sneakers or comfortable shoes.
- 2) Wear sweat pants or other loose comfortable pants (no jeans).
- 3) **2 days prior** -have no gas producing meals
- 4) **One day before** - no caffeinated beverages I.e. coffee, tea (non-caffeinated is fine). No dairy products, alcohol or carbonated water. Also, do not drink water from a squirt bottle.
- 5) No smoking 4 hours or more prior to testing.
- 6) Nothing by mouth after midnight before exam. If you have diabetes, please ask for specific instructions.
- 7) 4 hours prior to no exercise.

Should you have any questions or concerns, please call Shelly Whitmore at 303-703-2150 or Mary Peyton at 303-703-2184.

South Denver Heart Center accepts VISA, MasterCard, Cash or Check for CCE services.

