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Scheduled Date and Time \_\_\_\_\_

### Instructions for all Patients:

*St. Anthony's Heart Specialty Associates is pleased to provide the cardiovascular services your doctor has ordered.*

- CALL our office at your earliest convenience so we can promptly schedule your appointment.
- Be prepared to discuss daily medications (especially heart, blood pressure, diabetic medication and inhalers/nebulizers) to confirm medication instructions for the day of testing. Visit our website at [www.heartspecialty.com](http://www.heartspecialty.com) for additional information under "Services" tab.
- **Prior to your appointment or test:**
  - If your insurance requires referral, contact your primary care physicians' office.
  - Bring your referral form, insurance cards and photo ID.
  - Bring a list of your current medications and daily dosing.
  - Wear a comfortable two-piece outfit and comfortable shoes if you are having a test.
  - NO SMOKING two hours prior to test, remove nicotine patches the morning of test.
- Reports from St. Anthony's Heart Specialty Associates will be sent to the ordering physician. Please contact your physician for results.

### LOCATION

- South County Office**  
10012 Kennerly Road,  
Physicians' Office Center, Suite 300  
St. Louis, MO 63128  
(314) 842-0602
- Electrophysiology**  
10012 Kennerly Road,  
Physicians' Office Center, Suite 202  
St. Louis, MO 63128  
(314) 692-2807
- Shrewsbury Office**  
7345 Watson Road, Suite LL1  
St. Louis, MO 63119  
(314) 842-0602
- Kirkwood Office**  
1001 South Kirkwood Road  
Suite 310  
Kirkwood, MO 63122  
(314) 842-0602

### DIRECTIONS

#### South County Office & Electrophysiology:

Interstate 270/255 to Tesson Ferry Road. South on Tesson Ferry for 1.0 mile. Turn right on Schuessler Road (this is the back entrance to the hospital campus). Turn right into St. Anthony's campus off of Schuessler Road. Our offices are located in the Physicians' Office Center that is attached to the only parking garage on the campus.

**From Illinois** – Interstate 255 South, exit left towards St. Louis County, merge onto 1-270 North. Take the Missouri 21 South Exit 2. Turn left (south) on Tesson Ferry Road for 1.0 mile. Turn right on Schuessler Road (this is the back entrance to the hospital campus). Turn right into St. Anthony's campus off of Schuessler Road. Our offices are located in the Physicians' Office Center that is attached to the only parking garage on the campus.

#### Parking for South County Office:

You may park in the surface lot or the parking garage (free of charge). If you park on the surface lot, enter directly into the lobby of the Physicians' Office Center. Signage is available to direct you. If parking in the garage, take the elevator at the back of the garage to the 3rd floor, exit left, and take the hall to Suite 300. St. Anthony's Heart Specialty Associates of South County will be on the right side of the hall.

#### Parking for Electrophysiology:

You may access Electrophysiology by taking the parking garage elevator to the 3rd floor. You will exit left off of the elevator, go down the hall to the elevators by the café, take building elevator to 2nd floor, and exit to your left off the elevator. Suite 202, St. Anthony's Heart Specialty Associates of Electrophysiology, will be on the right side of the hall.

#### Shrewsbury Office:

Take Highway 44 east to exit 280/Elm Ave. Turn right onto Elm Ave for approx. 1.2 mi. Turn left onto Watson Rd for approx. 2.5 mi. Arrive at your destination on the left. (The building is located on the west end of MacKenzie Pointe). Lower level – suite LL1. If you reach the Dierbergs store at MacKenzie Rd, you've gone too far.

**From Illinois** – Interstate 255 South, take exit 1B toward St. Louis onto 1-55 N for approx. 2.6 mi. Take exit 199 Reavis Barracks Road. Turn left onto Reavis Barracks Rd; continue onto MacKenzie Rd for approx. 3.2 mi. The Dierbergs store will be located straight ahead in MacKenzie Pointe. Turn left onto Watson Rd for approx. 0.2 mi. (The building is located on the west end of MacKenzie Pointe). Lower level – Suite LL1. If you reach the railroad tracks, you've gone too far.

#### Kirkwood Office:

Interstate 270 South to Big Bend Blvd Rd.\* Take exit 7 toward Big Bend Rd. Turn left onto Big Bend Rd for approx 1.8 miles. St. Anthony's at the Kirkwood Campus is on the right, at the corner of Kirkwood Road & Big Bend Blvd.

- OR -

Interstate 44 to exit 277B Lindbergh Blvd. Turn left onto S Kirkwood Road. Turn left onto Big Bend Rd. St. Anthony's at the Kirkwood Campus is located on the left corner of Big Bend Blvd and Kirkwood Road.

\*Note: There is NO access to Big Bend Boulevard (Exit 7) when traveling northbound on I-270.

**From Illinois** – Interstate 255 South continue on I-270. Take exit 5A toward US-50 E / St. Louis onto I-44 E for approx. 1.7 mi. Take exit 277B Lindbergh Blvd. Turn left onto S Kirkwood Road. Turn left onto Big Bend Rd. St. Anthony's at the Kirkwood Campus is located on the left corner of Big Bend Blvd and Kirkwood Road.

(Circle Test)

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**IMPORTANT: PLEASE REFER BELOW FOR INSTRUCTIONS SPECIFIC TO YOUR ORDERED TEST.**

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**Nuclear Walking Stress AND Nuclear Non-Walking Stress (Lexiscan) Test**

Approximate office time is 3 to 3 1/2 hours. An IV will be used to administer radioactive tracers for the test.

- NO CAFFEINE 24 hours prior to Test. This includes coffee (regular and decaffeinated), tea, soda, chocolate, or medicine containing caffeine (i.e. Anacin, Excedrin) and no smoking 2 hours prior to test.
- INHALERS/NEBULIZERS should use them the day of your test as prescribed. If you have Albuterol/Proventil inhaler please bring with you and have available throughout the entire test.
- ONLY for NUCLEAR Non-Walking STRESS Patients - Do NOT take the following products 48 hours prior to appointment: Aggrenox, persantine (dipyridamole), and theophylline medications such as Qibron, Constant-T, Primatene, Slo-phyllin, Theo-Dur, Uniphyl or Pentoxifylline, Trental, and Pletal-Cilostazol.
- If your Nuclear Walking Stress or Nuclear Non-Walking Stress (Lexiscan) is *BEFORE* 11:00 a.m.:

No food or drink after midnight the night before, other than water to take your normal medications.

**Diabetic Patients:** Diabetic medications (insulin or oral) should **not** be taken as prescribed. Instead, please bring your diabetic medication to the appointment along with a snack. Diabetic medication and snack will be taken during the break time midway through the test.

- If your Nuclear Walking Stress or Nuclear Non-Walking Stress (Lexiscan) is *AFTER* 11:00 a.m.:

Only eat 2 pieces of dry toast or 1 bagel with no condiments and 4 ounces of juice (if desired) 4 hours prior to your appointment time. AVOID caffeine products. NO DAIRY products. Please take your morning medications according to your daily schedule, unless instructed otherwise.

**Diabetic Patients:** Oral medications should not be taken, however, patients using insulin should take one-half of your normal insulin dose with your breakfast. Please bring diabetic medication (insulin or oral) to the appointment along with a snack. Diabetic medication and snack will be taken during the break time midway through the test.

**Stress Echocardiogram OR Treadmill Exercise Stress Test (Walking Test)** Approximate office time is 1 hour.

Do not eat, drink, or smoke 2 hours prior to test. Wear comfortable walking shoes.

**Dobutamine Stress Echo (Non-Walking)** Approximate office time is 2 hours. An IV will be used to administer medications for the test. Do not eat, drink or smoke 2 hours prior to the test.

**2D Echocardiogram with Doppler, LV Function (Echocardiogram), Electrocardiogram EKG, Holter Monitor, Event Monitor, Carotid Ultrasound, Peripheral Arterial Doppler, Venous Doppler**

Approximate office time is 1 hour. No special instructions or preparation needed.

**Venous Reflux Study** Approximate office time is one (1) hour. Do not wear support hose 3-5 days before the test. Try to be on your feet as much as possible on the day of the test. Drink lots of water. (Drink 3 liters) Avoid caffeine and alcohol 24 hours before the test.

**Abdominal Aorta Ultrasound or Renal Doppler Ultrasound** Approximate office time is 1 hour. Do not eat or drink after midnight. Hold morning medications until after exam.

**Transesophageal Echo** This test is performed in a hospital setting. Please contact our office for further information and scheduling coordination.

**New Patient Consult and Follow-Up Appointments** Please bring any pertinent past medical history and your medication information.

Please arrive 20 minutes prior to scheduled appointment.

Visit our Website and your portal via  
[www.HeartSpecialty.com](http://www.HeartSpecialty.com)