



Heart Clinics Northwest

NON-INVASIVE DIAGNOSTIC SERVICES

General Information:

We are pleased to offer the following tests for initial evaluation and follow-up of cardiac and vascular illness. Most all tests can be provided in the office setting on the day of request or within 1-3 days thereafter. Please call our Downtown (509-838-7711), Northside (509-489-7504), Valley (509-922-9045), Coeur d'Alene (208-676-9913) or Sandpoint (208-263-2505) office for more information and to arrange an appointment.

ULTRASOUND EVALUATION

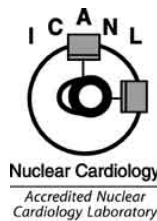
	Purpose	Preparation
Echocardiogram	Echocardiogram is a non-invasive ultrasound exam helpful in the diagnosis of multiple forms of heart disease. Two-dimensional images allow evaluation of the severity of valve disease, chamber size measurement, and calculation of ejection fraction.	The exam takes approximately one hour and requires no special preparation by the patient. Patients should wear loose, comfortable clothing.
Stress Echocardiogram	Stress Echocardiogram is a non-invasive ultrasound combined with exercise treadmill examination, used to diagnose wall motion abnormalities resulting from ischemic disease. In addition, viability of damaged heart muscle, regurgitant lesions, and intracardiac pressures can be evaluated.	Stress Echo takes about 1 hour. Heart rate, blood pressure, and ECG are closely monitored throughout the exam. Nothing to eat 3 hours prior to test, except water which is encouraged. Beta blockers and other medications, as instructed, should be withheld for 24 hours prior to test. Patients are advised to wear loose fitting clothing and comfortable walking shoes.
Dobutamine Stress Echo	As an alternative to Stress Echo, Dobutamine Echocardiography is a non-invasive stress ultrasound useful in patients who are unable to exercise. This examination uses Dobutamine, and occasionally atropine, to pharmacologically increase the patient's heart rate.	The exam takes approximately 2 hours. Heart rate, blood pressure, and ECG are closely monitored throughout the exam. Beta blockers, Viagra, and other medications, as instructed, should be withheld for 24 hours prior to the exam. Nothing orally, except water, 4 hours prior to test. Patients should wear loose, comfortable clothing.
Carotid Duplex Exam	This exam evaluates carotid blood flow and possible causes of stroke or transient ischemic attack.	The exam takes about 1 hour. It requires no specific prep and no special clothing.
Abdominal Ultrasound Exam	The abdominal vascular exam is a non-invasive exam helpful in diagnosis of abdominal aortic aneurysm and evaluation of abdominal bruits.	The exam takes 1-2 hours. Patients must fast for an 8-hour period prior to testing. Loose fitting, comfortable clothing is suggested.
Ankle Brachial Index	This arterial exam is a non-invasive exam helpful in evaluation of arterial insufficiency. At-rest ankle brachial pressures are obtained, as well as post exercise, to evaluate physiologic changes in pressure.	The exam takes 30 minutes. No special preparation is required, although it is helpful for patients to wear shorts.
Lower Extremity Arterial Exam	This arterial exam is a non-invasive exam helpful in evaluation of arterial insufficiency. Ultrasound is used to determine the location and severity of disease. At-rest ankle brachial pressures are obtained, as well as post exercise, to evaluate physiologic changes in pressure.	The exam takes 1½-2 hours. Patients may have a light meal prior to testing. Loose fitting, comfortable clothing is suggested.
Venous Study (leg)	Venous study is helpful in locating deep venous thrombosis (vein clot)	This exam takes 1-1½ hours and requires no special preparation.

CARDIAC STRESS EVALUATION

	Purpose	Preparation
Exercise Treadmill Testing	Exercise Treadmill is useful in the diagnosis of exercise induced cardiac ischemia and aids in evaluating therapy. Patients are exercised on an incline treadmill to reach peak tolerance. Vital signs and EKG are closely monitored during this test.	Exercise Treadmill Testing takes 1 hour. Heart rate, blood pressure, and ECG are closely monitored throughout the exam. Nothing to eat 3 hours prior to test, except water which is encouraged. Beta blockers and other medications, as instructed, should be withheld for 24 hours prior to test. Patients are advised to wear loose fitting clothing and comfortable walking shoes.
Nuclear Myocardial Perfusion Studies	This test can detect cardiac muscle damage or conditions that may lead to damage through injection of a small amount of heart-sensitive radioisotope. The heart is subsequently imaged with a special camera. Images are obtained at rest and after treadmill exercise stress testing. For those patients unable to exercise, the drug Persantine can simulate exercise by increasing the patient heart rate and blood pressure.	The test takes approximately two hours. Preparation for the exam requires that beta blockers, Viagra, and other medications, as instructed, be withheld for 24 hours prior to exam. Patients must avoid caffeine and decaf products for 24 hours prior to testing. Nothing orally, except water, 4 hours prior to test.

CARDIAC RHYTHM EVALUATION

<p>ECG</p> <p>12 lead electrocardiogram to evaluate resting abnormalities in heart rhythm and cardiac status.</p>	<p>King Of Hearts Monitor</p> <p>The King of Hearts Monitor selectively records heart rhythm as patient symptoms occur. Patients manually trigger recordings. Worn for a two-week period, this method is appropriate for infrequent symptoms. The monitors are designed for telephone transmission of ECG tracings over an extended period of time.</p>
<p>Holter Monitor</p> <p>This monitor provides continuous tracking of cardiac rhythm for changes correlating with patient symptoms. Worn for 24 hours, the Holter Monitor is the best choice for symptoms that occur frequently.</p>	<p>Pacemaker & Defibrillator Checks</p> <p>Prescribed for follow-up of pacemaker and defibrillator function. A transmitter is supplied to the patient, who is contacted on a regular basis for pacemaker checks.</p>



Heart Clinics Northwest

Where your cardiovascular care is our specialty

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