

*TEST: _____
*DATE: _____
*TIME: _____
*SUITE: _____

PROFESSIONAL VILLAGE MEDICAL CENTER
13700 19 MILE ROAD
STERLING HEIGHTS, MI 48313
PHONE (586) 247-6020
FAX (586) 247-7048

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REPORT TO OUR OFFICE: SUITE A SUITE B

IMPORTANT! BE SURE TO VERIFY INSURANCE COVERAGE AND RESTRICTIONS BEFORE SCHEDULING!

PLEASE NOTIFY US OF ANY POSSIBILITY OF PREGNANCY PRIOR TO TESTING

1. **24-HOUR HOLTER MONITOR:** (24-HOUR EKG READING) PLEASE BRING A BELT WITH YOU TO YOUR APPOINTMENT.
2. **PELVIC/BLADDER ULTRASOUND:** DRINK 32-48OZ. ANY FLUIDS 1-2 HOURS PRIOR TO TEST AND HOLD YOUR BLADDER. DO NOT URINATE.
3. **TESTICLE ULTRASOUND:** NO PREPARATION
4. **ABDOMEN/RENAL ULTRASOUND:** AVOID GASSY FOODS FOR 2 DAYS PRIOR TO EXAM. DO NOT EAT OR DRINK ANYTHING 8 HOURS PRIOR TO EXAM. YOU ARE ALLOWED WATER.
5. **ECHOCARDIOGRAM:** NO PREPARATION
6. **CAROTID ULTRASOUND:** NO PREPARATION
7. **KNEE ULTRASOUND:** NO PREPARATION
8. **THYROID ULTRASOUND:** NO PREPARATION
9. **BREAST ULTRASOUND:** NO PREPARATION
10. **MALE PELVIC/PROSTATE ULTRASOUND:** USE 1 FLEETS ENEMA 2 HOURS PRIOR TO THE EXAM. DRINK 32-48 OZ. OF FLUID 1 HOUR PRIOR TO THE EXAM AND HOLD YOUR BLADDER. DO NOT URINATE.
11. **DOPPLER STUDIES:** (ARTERIAL OR VENOUS). NO PREPARATION
12. **BONE DENSITY:** NO CALCIUM PILLS OR OSTEOPOROSIS MEDS THE DAY OF EXAM. NO INJECTABLE DYE OR BARIUM WITHIN 2 WEEKS PRIOR TO EXAM. NO BUTTONS, SNAPS OR ZIPPERS ON CLOTHING.
13. **FASTING BLOOD:** NOTHING TO EAT OR DRINK 10-12 HOURS PRIOR TO BLOOD DRAW. YOU ARE ENCOURAGED TO DRINK WATER AND STAY HYDRATED. YOU MAY TAKE YOUR MEDS. NO CAFFIENE!!!!
14. **OXYGEN UPTAKE (BMR):** MUST BE FASTING 4 HOURS PRIOR. WATER AND MEDS ONLY! ALSO, NO PHYSICAL EXERCISE, PHYSICAL EXERTION, CAFFIENE, OR SMOKING 4 HOURS PRIOR TO TEST.
15. **POTASSIUM BLOOD DRAW (K+):** NO CAFFIENE DAY OF BLOOD DRAW

YOU WILL BE CHARGED FOR ANY MISSED APPOINTMENTS WITHOUT A CANCELLATION NOTICE OF AT LEAST 12 HOURS!!