

CARDIOVASCULAR DISEASE ASSESSMENT CENTER

AT THE CARDIOVASCULAR CENTER OF SARASOTA

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Clinical Professor of Medicine, Universities of Florida and South Florida



Appointment Preparation Instructions

1. Please call us at 941-366 9800 to confirm your appointment. Your assessment will last approximately 2 hours. We are located at the Cardiovascular Center of Sarasota (1950 Arlington Str., third floor, ste. 300).
2. Please print and complete the Health History form and bring with you to your appointment, along with a valid I.D.
3. Please arrive 15 minutes prior to your appointment to obtain your laboratory samples. The laboratory tests and abdominal ultrasound require that you fast (no food, water only) for 12 hours and no alcohol for 24 hours prior to having your blood drawn. You may take your medications with water. You are welcome to bring a snack to have after this portion of your testing is completed.
4. Please wear comfortable clothing and shoes for walking. We will check your blood pressure during a brief activity test using a treadmill. This is not a stress test. You may also need to remove your shoes and socks so women may find it more convenient not to wear panty hose.
5. A urine sample will be needed when you arrive at the clinic.
6. Your appointment will include a photo of the back of your eye. Although we do not need to dilate your eyes, we will need you to remove contact lenses for this test. Please bring any equipment you need to remove your contacts or wear glasses.
7. Except for having blood drawn, all of the diagnostic tests are conducted on the surface of the body and involve little or no discomfort or risk to your health.

Sincerely,

*Cardiovascular Disease Assessment Center Team
at the Cardiovascular Center of Sarasota*

Cardiovascular Center of Sarasota, 1950 Arlington Str., Ste. 3006, Sarasota, FL 34239

Phone (941) 366-9800 Fax (941) 366-2781

www.cardiologycenter.net

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