

getting care

is easy

caring and

highly skilled



services

To make an appointment call **(415) 750-5779**.

Please arrive 30 minutes early to park, register and make your way to the Cardiology Department.

**CONVENIENT PARKING**

You can enter our parking lot from Stanyan or Shrader Streets. Disabled parking is available both in the hospital drive and in the patient/visitor garage.

**TO REGISTER**

Outpatient registration is located on Floor A of the hospital. Once you register, take the hospital elevators to Floor C. Follow signs to the Cardiology Reception area.

*Be sure to bring your insurance card and a copy of your doctor's order for cardiology testing with you when you come to St. Mary's.*

**If you require additional cardiac testing or treatment, St. Mary's offers a wide range of services.**

- Chest Pain Evaluation Unit—the only one in San Francisco
- Nuclear Cardiology
- Cardiac Catheterization lab (fully digital)
- Electrophysiology Studies (EPS)
- Peripheral Vascular Studies
- Cardiac Surgery

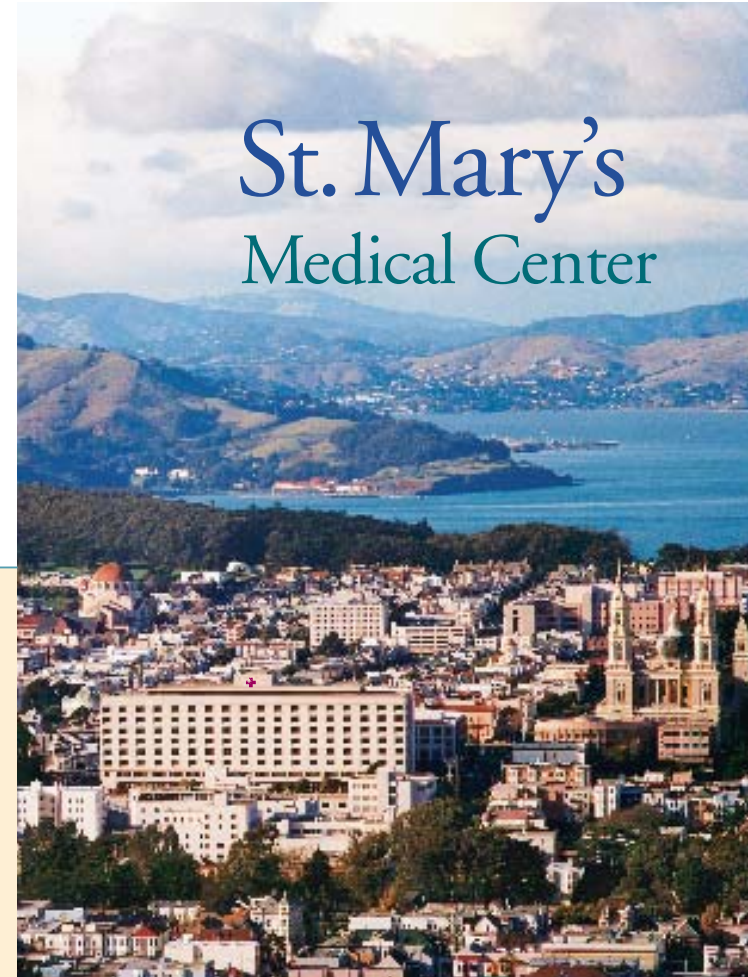
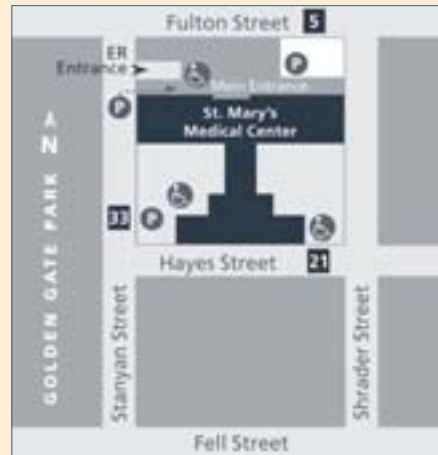


At St. Mary's, you'll be treated with respect and caring by our highly skilled, friendly staff. Our ultimate goal is to make your prescribed cardiology testing as comfortable as possible.

- P** Parking
- ♿** Wheelchair accessible

**MUNI BUSES**

- 21 Hayes**  
Hayes Street
- 5 Fulton**  
Fulton Street
- 33 Stanyan**  
Stanyan Street



# St. Mary's Medical Center

Compassionate, personal care and the most advanced technology—all in one convenient location.



**St. Mary's Medical Center**

**CHW**

450 Stanyan St.  
San Francisco, CA 94117

**(415) 668-1000**

[www.stmarysmedicalcenter.org](http://www.stmarysmedicalcenter.org)

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St. Mary's Medical Center, San Francisco

# all services one location

Your doctor has recommended you receive diagnostic cardiology services at St. Mary's Medical Center. Centrally located in San Francisco, St. Mary's provides a full range of cardiology services in one easily accessible location.

## Electrocardiogram

- **EKG** (or Signal Average) is a recording of the electrical activity of the heart. EKGs are noninvasive, safe and painless. You can resume normal activity after the test.

## Echocardiograms

- **ECHOCARDIOGRAM** is a noninvasive diagnostic ultrasound that provides images of your heart's valves and muscle without using X-rays or surgery. No preparation is necessary. This safe and painless procedure takes about one hour to complete, and you can resume normal activities after the test.
- **TRANSESOPHAGEAL ECHOCARDIOGRAM (TEE)** is a diagnostic ultrasound test that allows a cardiologist to look at the heart from a tube that is passed into the esophagus (the tube that leads to your stomach). Do not eat or drink anything for at least eight hours before the exam, and refrain from eating or drinking while your throat is still numb after the exam. A responsible adult must drive you home.

## Stress Testing

At St. Mary's, a cardiologist is in the room with you to supervise all stress tests.

- **EXERCISE STRESS TEST** This noninvasive and painless test, compares the heart's electrical activity at rest and under exertion. While you walk on a treadmill, the cardiologist can determine if all areas of the heart muscle are getting enough blood. Wear comfortable walking shoes and clothing. The test takes approximately 45 minutes, and you can resume normal activity that day.
- **STRESS ECHOCARDIOGRAM** Ultrasound pictures of your heart are taken before and immediately after periods of exercise. The test is noninvasive and painless. Allow about one hour for the test. You can resume normal activity after the test.
- **SESTAMIBI STRESS TEST** is an exercise stress test that uses a very small amount of a radioactive substance called Sestamibi to provide images of the heart and information about the blood flow to the heart. Aside from some slight discomfort from starting an IV, this is a painless test. You should refrain from eating or drinking anything for six hours before the test, and wear comfortable clothes/shoes for exercising. After the test, you can return to your usual activities.
- **DOBUTAMINE STRESS ECHOCARDIOGRAM** is a chemical stress test that uses a medicine called Dobutamine to raise the heart rate in stages. It is commonly used for patients who are unable to walk on a treadmill. While lying on a bed, you will be administered Dobutamine through an IV in your arm. Dress comfortably and refrain from eating or drinking for three hours before the test. You can resume normal activity after the test.
- **ADENOSINE STRESS TEST** uses a medication called Adenosine to dilate the coronary arteries. This test is done for patients unable to walk on

a treadmill. Do not consume caffeine for 24 hours before your test. The test will take about two hours and you can then resume normal activity.



## Other Services

- **THE TILT TABLE** is a diagnostic test to evaluate the causes of fainting. A technician will have you lie down on a table, slowly tilt the table upright and monitor your heart rate and blood pressure. It's recommended that you refrain from eating six hours before the test. You can resume normal activities following the test.
- **HOLTER MONITORING** is a safe, painless and portable way of producing a 24-hour electrocardiogram (EKG) while you take part in your normal daily activities. You will wear electrodes and a small recording device for 24 hours. Wear a two-piece, loose-fitting outfit to accommodate the monitor.
- **CARDIAC REHABILITATION** offers progressive exercise, dietary guidelines, counseling and education to help you safely return to your normal activities. Led by specially trained nurses, this comprehensive program is open to people who have a history of coronary artery disease or who have had angioplasty, heart surgery, heart valve surgery, heart failure or a heart attack. For more information, call (415) 750-5778.



Thank you for choosing St. Mary's.

Our caring staff will make your cardiac testing as comfortable as possible.

If you have any questions about your upcoming tests, please call us at (415) 750-5779.