

## Tests We Offer:

### Ankle-Brachial Index (ABI)

The ankle-brachial index test is a quick, noninvasive way to check your risk of peripheral artery disease (PAD), a condition in which the arteries in your legs or arms are narrowed or blocked. It compares your blood pressure measured at your ankle with your blood pressure measured at your arm at rest and during exercise to diagnose PAD or worsening PAD. PAD suggests a risk of heart attack, stroke, poor circulation and leg pain.

### Capsule Endoscopy

This procedure allows doctors to see inside the small intestine, which is not easily reached otherwise. Patients ingest a small (size of a large vitamin) imaging M2A capsule, which passes naturally through the digestive system while pictures are taken of the intestines. These images are transmitted to a data recorder that is worn around the patient's waist.



### One Day Prior to testing:

- After lunch, begin liquid diet. Do not eat or drink anything after 10:00 p.m.
- Do not take any medication at least 2 hours prior to testing and only with a sip of water.
- Abstain from smoking 24 hours prior to testing.

### The Day Of testing:

- Wear loose-fitting, two-piece clothing.
- The Sensor Array will be applied to your abdomen with adhesive pads and connected to the data recorder on the patient's waist. Once placed, the patient will be instructed to ingest the M2A capsule.

### Echocardiogram

An echocardiogram uses sound waves to take a picture of your heart. This procedure shows the heart's movement, valves, and chambers using a hand-held wand placed on your chest. This test takes about 30 minutes and no preparation is involved.



## How We Care For You:

**Adult Primary Care - General Internal Medicine**

**Allergy, Immunology & Rheumatology**

**Cardiovascular Medicine**

**Endocrinology, Diabetes & Metabolism**

**Gastroenterology, Hepatology & Nutrition**

**Geriatrics & Palliative Medicine**

**Infectious Diseases**

**Internal Medicine - Pediatrics**

**Nephrology**

**Pulmonology & Critical Care**

**Sleep Medicine**

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# UBMD Internal Medicine Testing at Youngs Road

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716.961.9900 | [UBMDIM.com](http://UBMDIM.com)**

UB|MD  INTERNAL MEDICINE  
PRIMARY & SPECIALTY CARE

## Tests We Offer:

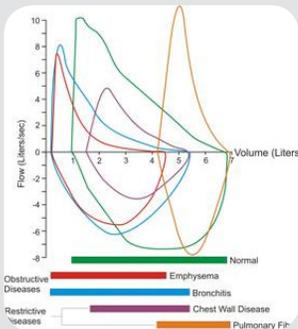
### Holter Monitor

The Holter is a portable device that monitors the electrical activity of the heart and cardiovascular system. The Holter will help your doctor know if your medicines are working, why you have dizziness, faintness, or feelings that your heart is racing or skipping a beat. A technician will help you put it on for the first time and you will wear it for at least 24 hours, but often up to two weeks. You may keep doing your usual activities, except do not bathe, shower, or swim. Do not have x-rays while wearing it and stay away from metal detectors or large magnets.

### MUGA Scan

This scan is used to determine how well a patient's heart is functioning. No preparation is involved. Appointments take approximately 60–75 minutes.

### Pulmonary Function Testing



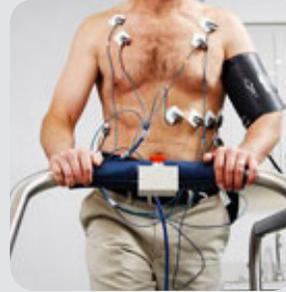
This is a test of your breathing capacity. It takes approximately 10–30 minutes, depending on the type of testing. No preparation is needed.

## Stress Tests We Offer:

### Exercise Stress Test

This test is performed to assess blood flow to the coronary arteries as your body works harder and to identify the level of exercise appropriate for a patient. The test takes approximately 30 minutes and involves:

- No heavy meal at least 4 hours prior to the test. A light snack is allowed about 1-2 hours before appointment.
- Patients may take their regular medications and are asked to bring a list of current ones to the appointment.
- Wear sneakers/walking shoes and comfortable clothing for walking on a treadmill.



### Stress Echocardiogram

This is a procedure that combines a regular echo with exercise to evaluate the heart's function at rest and with exertion. It may be combined with Doppler ultrasound and color Doppler to evaluate blood flow across the heart's valves.

### Cardiolite/Lexiscan Stress Test

For most patients, this is a one-day nuclear cardiac procedure. Please plan on being in the office approximately 3.5-4 hours. You will receive an injection and wait for approximately 45 minutes and then have your first set of pictures taken, which takes about 20 minutes. Afterwards, you will either walk on a treadmill or receive an injection of Lexiscan and then your 2nd radioisotope imaging agent, during which time you will be monitored. Images of your heart will be taken to see if there are any blockages in your coronary arteries. You will wait approximately 30-60 minutes and then have your last set of pictures taken. These pictures will take approximately 20 minutes.

## Preparation for Cardiolite or Lexiscan Stress Test:

- You may eat a light meal prior to this test.
- Wear comfortable clothing and avoid tops/shirts with metal snaps or decorative metal.
- Wear sneakers or walking shoes.
- You should not consume foods, drinks or medications that contain caffeine for at least 12 hours before the test, including decaffeinated products. This includes coffee, tea, chocolate and cocoa products, soda, including those labeled “caffeine-free,” diet supplements, energy drinks and products containing guarana. You should also not take medications that contain theophylline or dipyridamole.
- Patients may drink juice, water, milk or ginger ale during this time.
- If you are diabetic and you're testing in the morning, take half your dose of insulin and bring a snack with you.
- Please bring a fatty meal to your appointment to eat after the stress portion of the test. i.e., peanut butter sandwich & chips.