

CARDIOLITE STRESS TEST

Appointments Scheduled for **7:30, 8:00 or 8:30** follow these instructions

PATIENT ISTRUCTIONS

1. DO NOT eat anything after midnight prior to test date.
2. DO NOT drink any beverage that contains caffeine. (this includes decaffeinated beverages)
3. STOP all *beta blockers* **1 day** (24 hours) prior to test date. (Atenolol, Metoprolol, Toprol, Lopressor, Bystolic, Labetolol, Coreg)
4. You may take all other medications the morning of the test.
5. If you are an insulin dependent diabetic, take only half of your insulin on the morning of the test.
6. This is a lengthy procedure. Expect to be in our office for 4-5 hours.
7. DO NOT use any form of tobacco the morning of the test.
8. Wear comfortable walking shoes – you may walk on a treadmill as part of this test.
9. Wear a two-piece outfit that does NOT have metal buttons/snaps on the front of the shirt or blouse.
10. You will have to put your arms over your head during the scanning process. This process takes about 30 minutes. If you **can not** raise your arm above your head for this amount of time please inform us. We may have to look at other testing options.
11. Bring all your medications to the office.

CARDIOLITE STRESS TEST

Your physician has ordered a Cardiolite stress test. This is a procedure that will provide your doctor with valuable diagnostic information about the health of your heart. The radiation exposure you will receive is less than that associated with many x-ray procedures.

It is very important for you to follow the instructions provided above. Failure to do so could affect the reliability of your test and result in your test needing to be rescheduled.

The first step is the resting injection. A small IV catheter will be inserted into a vein in your arm or hand. Once this is in place, the Nuclear Medicine Technologist will inject the first dose of Cardiolite. Cardiolite will not make you feel any differently. It IS NOT possible to be allergic to the Cardiolite. After you have received this injection, you will be asked to return to the waiting area for at least 1 hour.

The second step is the resting scan. You will be asked to lie flat on your back with your arms positioned above your head. A special camera will rotate around your body to obtain images of your heart. This will take approximately 35 minutes.

The next step involves stressing your heart. This is accomplished by you walking on a treadmill. Electrodes will be placed on your chest so that your heart rate and electrocardiogram can be monitored as you walk. The second dose of Cardiolite will be injected while you are walking on the treadmill. After your exercise test is over, all but three electrodes will be removed. Those electrodes will be used later. At this point, you will be offered a soft drink. You will have another wait that may be anywhere from 20 minutes to an hour, depending on the number of patients having Cardiolite scans.

The final step in your exam is the stress scan. Once again you will be asked to lie flat on your back with your arms positioned above your head as the camera moves around you. This time the scan time is about 30 minutes.