



## CARDIOLITE STRESS TEST

Your doctor has ordered a Cardiolite stress test to evaluate the blood supply to your heart. Most results are available within 48 hours. The doctor who ordered your test will discuss the results with you. See the page 2 of this sheet for IMPORTANT instructions on food, drink and medications. Please allow 3 to 4 hours for the testing process. It is not necessary to have someone drive you, but you are welcome to bring a friend/family member.

## WHAT HAPPENS DURING THE TEST?

- STEP 1** An IV is started in your hand or arm.
- STEP 2** Your first dose of Cardiolite is given through the IV
- STEP 3** Relax for 30-45 minutes. During this time, though you can't feel it, the Cardiolite circulates.
- STEP 4** Pictures are taken on a special camera that requires that you lie still. /The camera is very open, It does not cover your head and is not loud/ (15 minutes).
- STEP 5** Your \*stress test is performed by qualified staff under the supervision of a cardiologist (25-30 minutes).

\*There are two types of stress tests.

- ADENOSINE TEST:** A stress test /without exercise/. Adenosine is a medicine that is used in patients who can't exercise well or whose heart rate does not rise enough with exercise. It is given through the IV over 6 minutes. It can make you feel flushed or feel the need to take a deep breath. This goes away very quickly.
- TREADMILL TEST:** A stress test /with exercise/. Patients usually walk on the treadmill for 6-12 minutes. It is important to walk as long as you can. If your heart rate does not increase enough with exercise, your test may be changed to an adenosine test (see above) to be sure that we have the best pictures of your heart.

- STEP 6** During the \*stress test, you will receive a second dose of Cardiolite.
- STEP 7** Relax again (30-40 minutes).
- STEP 8** The final set of pictures is made of your heart (15 minutes).

*If you must reschedule your test, please give 24 hours notice. Cardiolite is ordered just for you and is wasted if not used. Unless you give the 24 hour notice, you will be personally responsible for the \$250 cost. Insurance will not pay for a missed appointment.*



## PREPARING FOR YOUR STRESS TEST (PLEASE PRINT)

Name: \_\_\_\_\_ Date: \_\_\_\_\_ Time: \_\_\_\_\_  
(LAST) (FIRST) (MI)

- Bring a list of your medications or the bottles.
- Bring your inhalers if you have lung problems.
- Wear comfortable two-piece clothes and walking shoes.
- A book or crossword is a good idea and helps pass the time.

**DIABETIC PATIENTS:** Ask for instructions for your insulin or oral medications. (Morning tests are usually best for patients on Insulin to avoid low blood sugars.)

**NO CAFFEINE** for 24 HOURS prior to your appointment. Examples: No regular OR decaffeinated coffee, tea, sodas (such as Coke/Mountain Dew), chocolate, or energy drinks. No Excedrin, Goody's, or BC powder.

**WATER** is allowed before & during the test.

**NO FOOD** for several hours prior to the test:

—**MORNING TESTS:** NO food after midnight; You may have clear juice or water that morning.

—**AFTERNOON TESTS:** No food after 8am. You may have a light breakfast before 8am (examples: toast and juice, bagel), then clear juice or water until the test.

To get the best test results, some blood pressure, heart, or asthma/lung medicines may need to be stopped temporarily.

**STOP MEDICINES LISTED BELOW** for 24 hours prior to your test (unless you are told otherwise by your doctor or nurse). You may restart your medicines after the test.

- |              |                    |                |               |                    |
|--------------|--------------------|----------------|---------------|--------------------|
| • Acebutolol | • Calan            | • Dipyridamole | • Nadolol     | • Theo-chron       |
| • Adalat     | • Cardizem         | • Felodipine   | • Nifedipine  | • Tiazac           |
| • Aggrenox   | • Coreg/Carvedilol | • Inderal      | • Normodyne   | • Timolol/Timolide |
| • Atenolol   | • Corgard          | • Innopran     | • Persantine  | • Theophyllines    |
| • Betaxolol  | • Covera-hs        | • Isoptin      | • Pindolol    | • Verapamil        |
| • Cartia     | • Dilacor          | • Kerlone      | • Propranolol | • Verelan          |
| • Blockadren | • Diltiazem        | • Labetolol    | • Tenormin    |                    |

You may take other types of blood pressure/heart medicines that are NOT listed above so that your blood pressure does not get too high during the test.

**QUESTIONS?** Logon to [www.SaintThomasHeart.com](http://www.SaintThomasHeart.com) for more information.

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