

Name: Patient Test  
DOB: 01/01/1962

PID: 6862727

## Regadenoson Cardiolite Stress Test

**\*IF YOU NEED TO CANCEL FOR ANY REASON\***  
**\* PLEASE CALL 314-741-0911 \***

Your doctor has scheduled you for a **Regadenoson Cardiolite Stress Test** on \_\_\_\_\_ at \_\_\_\_\_ am / pm.

- 3550 McKelvey Road, Bridgeton MO 63044
- Christian Northeast 11155 Dunn Road, Ste 304E St. Louis MO 63136
- Granite City 2120 Madison Ave. Ste 101 Granite City, IL 62040

### WHAT YOU SHOULD DO TO PREPARE

- Wear Comfortable clothing – 2-piece outfit is best.
- Please wash your body as usual but **do not apply lotions, powder or perfume** the day of your test.
- It can be cold in the office – bring a blanket if you would like
- If you use inhalers for asthma or lung disease please bring them with you.
- Drink plenty of water the day before test. This will keep you well hydrated.

### IMPORTANT!

- ⇒ You must be **FASTING except for water 4 hours** prior to the study
- ⇒ **Insulin dependent diabetic** patients should take ½ of their normal insulin dose and eat a light breakfast prior to arrival (Take Lantus as usual).
- ⇒ **NO SMOKING OR CHEWING TOBACCO** 8 hrs prior to test.
- ⇒ **NO CAFFEINE INCLUDING DECAFFEINATED DRINKS OR CHOCOLATE FOR 12 HOURS PRIOR TO TESTING**
- ⇒ **DO NOT TAKE AMINOPHYLLINE OR THEOPHYLLINE FOR 24 HOURS PRIOR**
- ⇒ **DO NOT TAKE PERSANTINE (Dipyridamole) or AGGRENOX FOR 48 HOURS PRIOR**

### WHAT TO EXPECT DURING YOUR TEST

- On the day of your test, you will be asked to sign a consent form.
- The Radiology Technician will start an IV.
- You will be given 2 injections of a radiopharmaceutical through the IV.
- Since nuclear stress tests are done in 2 stages (resting and stress) you will need to sit in a chair 2 separate times while the nuclear camera takes pictures of your heart.
- You will be given a vasodilator through your IV for the stress portion of the exam.
- Your vital signs will be frequently monitored.
- Your testing will be supervised by one of our qualified registered nurses.

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- The test will take 2-3 hours to complete.

### FOODS, DRINKS, AND MEDICATIONS TO AVOID

Avoid all products containing caffeine for 12 hours prior to testing. Caffeine is found in coffee, tea, sodas, and chocolate products.

Avoid decaffeinated or caffeine-free products for 12 hours before the test, as these products contain trace amounts of caffeine. This includes decaf coffee, decaf soda, and decaf tea.

OTC drugs containing Containing caffeine	Prescription drugs Containing caffeine
<b>Anacin</b> (aspirin,caffeine)	<b>Cafergot</b> (ergotamine tartrate,caffeine)
<b>Excedrin</b> (acetaminophen,aspirin,caffeine)	<b>Esgic</b> (butalbital, acetaminophen, caffeine)
<b>Vivarin NoDoz</b>	<b>Fioricet Fiorinal</b>

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FOR 24 HOURS PRIOR**

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AGGRENNOX FOR 48 HOURS PRIOR**