

INSTRUCTIONS FOR A CARDIOLITE STRESS TEST

What is the purpose of a Cardiolite stress test?

The Cardiolite stress test is a diagnostic exam to evaluate the supply of blood to your heart muscle. Your heart receives blood from the coronary arteries. If these arteries become partially blocked or narrowed, your heart will not receive the blood that it needs for the proper function. This test may be useful in detecting the presence and significance of coronary artery disease.

How should I prepare for my Cardiolite stress test?

- The test usually takes approximately 3-4 hours, although your total test time will vary.
- Please do not eat anything 4 hours prior to the test. Eating will cause an unclear image and may also induce nausea after exercise.
- Diabetic patients please bring a snack with you.
- No caffeine for 24 hours prior to test, this includes coffee, tea, sodas, decaffeinated drinks and chocolate.
- Do not smoke 24 hours prior to test.
- Take all your medications at your usual time unless they are on the list attached.
- Wear comfortable footwear appropriate for brisk exercise on a treadmill. Please wear comfortable and loose fitting clothes. Please do not wear a one piece dress. Make sure there are no metal buttons, zippers, or designs on your shirt that include rhinestones, sequins, etc.
- Please do not apply lotion or powder the day of the test.
- Family members are allowed to accompany you to the test, but are restricted to the testing waiting room.
- Oxygen dependent patients please bring additional tank.
- The office tends to be cold so please dress accordingly. You may want to bring a jacket or blanket.

What will I experience during the stress test?

- **You will be asked to read and sign a consent form. This form provides information regarding the benefits and risks of the Cardiolite stress test. If you have any questions regarding this information, please do not hesitate to ask.**
- **Your skin will be abraded in preparation for the electrodes that are placed on your chest. If you are allergic to latex, please inform the technician. These electrodes will be connected to a monitor so your heart rate and rhythm can be watched closely throughout the test.**
- **The nuclear medicine technologist will start an I.V. line in your arm. The I.V. will be used to inject the Cardiolite tracer into your bloodstream. This will remain in your arm until the test is complete. Once the I.V. line is in your arm, the nuclear medicine technologist will give you an injection of Cardiolite. This will allow images to be taken of your heart. You will be asked to lie still on an imaging table for 16 minutes with your left arm over your head. Your first images (the resting set) are taken at this time.**
- **When your resting images are completed, you will exercise by walking on a treadmill. The treadmill will start out slow and gradually incline and increase in speed. Your heart rate and blood pressure will gradually rise. This is normal and both will be monitored along with your**

EKG. You will be encouraged to exercise for as long as you can. Giving your best effort will increase the accuracy of the test. If you experience symptoms, immediately inform the tech. Adjustments will be made to the exercise test, depending on your symptoms, blood pressure, heart rate, EKG, or degree of fatigue.

- At peak exercise, the nuclear medicine tech will inject another dose of Cardiolite through the I.V. line, which will allow for a second set of images. You will be monitored after the stress test until your heart rate, blood pressure, and EKG are within normal limits.
- You will then need to wait in the waiting room. Please bring a book or magazine to read. At this time you will be able to eat and drink.
- The second images (the stress set) are obtained in the same way as the first. Two sets of images are taken to allow your physician to compare your heart during rest and stress. However, you will only exercise once.
- When your test is completed, you will be asked to schedule an office visit with your physician to discuss the test results.

Do not take the following medications for 48 hours prior to your test.

Acebutolol/Sectral

Atenolol/Tenormin

Betapace/Sotalol

Betaxolol/Kerlone

Betoptic Eye Drops

Bisoprolol/Zebeta

Timolol

Biocadren

Inderide

Kerione

Normodyne

Pindolol

Visken

Ziac/Bisoprolol/Hydrochlorothiazide

Coreg/Coreg CR/Carvedilol

Viagra/Revatio

Vigromax

Levitra/Vardenafil

Cialis/Tadalafil

Calan/Verapamil/Covera-HS/Isoptin SR/Verelan

Cardizem CD or SR/Cartia XR/Dilacor XR/Dilt-CD/Diltia XT/Taztia XT/Tiazac/Diltiazem

Disopyramide/Norpace/Norpace CR

Levatol/Penbutolol

Inderal/Inderal LA/InnoPran XL/Propranolol

Felodipine/Plendil

Lopressor/Metoprolol

Tenoretic/Atenolol/Chlorthalidone

Timolide

Labetalol/Trandate

Toprol XL/Metoprolol

Timoptic Eye Drops