

INSTRUCTIONS FOR AN ADENOSINE CARDIOLITE STRESS TEST

Date of Test: _____ Arrival Time: _____ Time of Test: _____

(If you are unable to keep your appointment, you must give a minimum of 24 hours notice or you will be billed for your unused dose of Cardiolite, as it must be specially ordered and delivered.)

What is the purpose of an Adenosine Cardiolite stress test?

The Adenosine Cardiolite stress test is a diagnostic exam used 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 proper function. This test may be useful in detecting the presence and significance of coronary artery disease.

How should I prepare for my Adenosine stress test?

- ♥ **Please do not eat anything 6 hours prior to the test. You may have juice or water at anytime.** Eating will cause an unclear image and may also induce nausea. Diabetic patients may have a piece of dry toast and some fruit 2 to 4 hours prior to the test. Consult your doctor as to your insulin dosage on that day.
- ♥ **No caffeine 12 hours before the test!** This includes caffeinated and decaffeinated beverages, as well as medications containing caffeine. Having caffeine will result in cancellation of your test.
- ♥ **Do not smoke on the day of your test!** Smoking on the day of your test may alter your test results.
- ♥ **Take your medications at your usual time,** unless your physician has indicated otherwise. Please bring a list of your current medications, as you may be asked for it.
- ♥ **Wear** a short sleeve, button down shirt that contains no metal, or a loose-fitting T-shirt. Please do not wear an under-wire bra or necklace. A hospital gown can be provided.
- ♥ **Bring a book** to read, as there are some waiting periods during the test.
- ♥ **Please shower prior to your appointment** to reduce the spread of bacteria to our equipment.
- ♥ **Family members are allowed to accompany you** to the test, but they are restricted to the testing waiting room.
- ♥ **Your total test time will vary, but usually takes approximately 3 hours.**

What will I experience during the Adenosine stress test?

You will be asked to read and sign a consent form. This form provides information regarding the benefits and risks of the Adenosine stress test. Female patients will also be asked to sign a breast-feeding and pregnancy waiver. If you have any questions regarding this information, please do not hesitate to ask.

The nuclear medicine technologist will start an I.V. line in your arm. The I.V. will be used to inject the Cardiolite and Adenosine into your bloodstream. This will remain in your arm until the test is completed (approximately 2 ½ hours). Once the I.V. is in your arm, the nuclear medicine technologist will give you an injection of Cardiolite. The Cardiolite will allow images to be taken of your heart.

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 that your heart rate and rhythm can be watched closely throughout the test.

Prior to both sets of images you will have to drink approximately 16 ounces of water. This is done to enhance your image quality. You will be asked to lie still on an imaging table for approximately 12 minutes with your arms over your head. Your first images (the resting set) are taken at this time.

When your resting images are completed, the Adenosine is slowly injected over a 4 minute period. Side effects with Adenosine may include: shortness of breath, flushing, nausea, lightheadedness, headache, and/or angina pain. The exercise physiologist will have you walk on the treadmill at a slow speed to enhance your images and lessen possible side effects. Two minutes into the Adenosine injection you will receive another Cardiolite injection, which will allow for a second set of images. If you are experiencing side effects due to the Adenosine, it is important to inform the testing staff. Any possible side effects are short-lived, and there are no lasting effects.

You will be monitored for 4 additional minutes to ensure that your heart rate and blood pressure are within normal limits and any side effects have dissipated. You will then need to wait in the waiting room again. Please bring a book or magazine to read. You may drink water or juice at this time.

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 receive only one Adenosine injection.

When your test is completed, you may be asked to schedule an office visit with your physician to discuss the test results, or your physician may choose to call you with the results. Please do not ask the testing staff for your test results, as they are not allowed to discuss them.

Should I take any special precautions?

Cardiolite is a radioactive tracer. It contains no iodine for those patients who may be allergic to iodine. The radiation dose that you will receive is comparable to a standard chest x-ray. Female patients must inform the nuclear medicine technologist if pregnancy is known or suspected. If you are a nursing mother call the nuclear medicine department. If you desire more information about radiation, please ask for a brochure.

You may call the nuclear medicine department at 248-267-5050 between 8 AM and 4 PM, Monday through Friday, if you have additional questions.