

INSTRUCTIONS FOR A 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 a Cardiolite stress test?

The 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 Cardiolite stress test?

- ♥ **The test usually takes approximately 3 hours**, although your total test time will vary.
- ♥ **Please do not eat anything 4 hours prior to the test. You may have juice or water at anytime.** Eating will cause an unclear image and may also induce nausea after exercise. 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 on the day of your test!** This includes caffeinated and de-caffeinated beverages, as well as medications containing caffeine.
- ♥ **Do not smoke on the day of your test!** Smoking significantly decreases image quality.
- ♥ **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 comfortable footwear** appropriate for brisk exercise on a treadmill or bicycle. Wear a short sleeve, button down shirt or loose-fitting T-shirt that contains no metal; no under-wire bras or necklaces. A hospital gown can be provided. Slacks or shorts are preferred for comfortable exercise. You will work hard during the test, and towels are available if needed.
- ♥ **Bring a book** to read, as there are 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 are restricted to the testing waiting room.

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. Female patients will also be asked to sign a pregnancy waiver. 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 that 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 (approximately 2 ½ hours). 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 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, you will exercise by walking on a treadmill or pedaling a stationary cycle. Both modes of exercise will start out slowly and then gradually increase in speed and/or resistance. 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, such as chest/arm discomfort, unusual shortness of breath, or lightheadedness, immediately inform the exercise physiologist monitoring the test. 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 technologist 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. 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 only exercise once.

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.