

THE HEART GROUP DIAGNOSTIC IMAGING CENTER

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EXERCISE CARDIOLITE STRESS TEST

Name: _____ Date of Test: _____ Time of Test: _____

PLEASE READ THIS INFORMATION CAREFULLY

This sheet explains the diagnostic test your physician has prescribed for you.

DESCRIPTION: You will receive 2 radioactive injections that emit a small amount of radiation. They are used to pinpoint areas of decreased blood flow to your heart muscle due to heart disease or prior heart attacks.

PURPOSE: This study is performed to detect coronary artery disease, damage from prior heart attacks and to determine the results of stents, bypass, balloon and rotablator procedures.

PREPARATION: No food 4 hours prior to your test. You may take your morning medications with a small amount of water or juice. If you are diabetic and use insulin, please take 1/2 of your regular insulin dose with fruit juice and toast at least 2 hours prior to your appointment. **NO CAFFEINE 12 HOURS PRIOR TO YOUR TEST** (this includes decaffeinated coffee, tea, soda, and hot chocolate).

If you are taking the following medications, they must be discontinued for 12 hours prior to your test. Any medication starting with ISO or has the word nitrate within it up to and including the following list...

Isordil, Dilirate SR, Isobid, Isotate, Isorbid, Isosorbide, Sorbitrate

Imdur, Ismo, Isotrate ER, Monoket

Nitroglycerine, Nitrobid, Nitrostat, Nitroguard, Nitrol, Nitroquick

Nitrodur patch, Deponit, Minitran, Nitrak, Nitrocine, Nitrodisc and Transderm-Nitro

Prescription Drugs Containing Caffeine: Cafegot[®] (all forms), Esgic[®] (all forms), Fioricet[®], Fiorinal[®] (all forms), Norgesic[™] and Norgesis Forre[™], Synalgos[®]-DC, Wigraine[®] (all forms)

OTC Drugs Containing Caffeine: Anacin[®], Excedrin[®], No Doz[®]

If you are taking the following drugs containing Theophylline, they must be **discontinued for 24 hours prior** to your test:

Aeorlate, Constant-T[®], Elixophylline[®], Primatene[®] (tablets), Quibron[®] (all forms), Respbid[®], Slo-bid[®], Slo-Phylline[®], T-PHYL[®], Tedral[®] SA, Theo-24[®], Theoclear[®], Theo-Dur[®], Theolair[®], Theo-Organidin[®], Theo-Sav[®], Theosat[®], TheoX[™], Persantine, Dipyridamole

If you are taking the medication Aggrenox, it must be **discontinued for 48 hours prior** to your test.

Failure to hold these medications will result in your study being rescheduled at another time.

PROCEDURE:

1. When you arrive for your study you will be asked to read and sign a consent form for the study to be performed.
2. You will be injected with a radioactive isotope called Cardiolite that allows us to record the blood supply to your heart muscle at rest. This set of images is taken 30 to 45 minutes after your injection. The total time for these images is 15-20 minutes. You will lie on your back with your left arm resting over your head on a pillow for these images.
3. After your images, you will have ECG patches placed on your chest that will be used to record ECGs before, during and after exercise to monitor heart rate and rhythm.
4. The stress technologist will obtain your medical history and current medications. Please bring a list of your current medications with you.
5. An IV line will be placed in your hand.
6. You will exercise on a treadmill until you experience fatigue. The treadmill increases in speed and elevation every three minutes to increase your workload. The total length of your exercise test will vary due to your exercise tolerance. As you approach maximum exercise, you will be injected with Cardiolite in you IV and asked to walk an additional minute. The Cardiolite is injected to record the blood flow to your heart muscle at peak exercise. After your exercise, you will be monitored until your heart rate and blood pressure return to normal.
7. One hour after your test, you will be imaged under the gamma camera again. The total time of this set of images is 15 minutes.

If you are pregnant or currently nursing, please inform your doctor or technologist before this study is performed.

The total time for the procedure will be 3-4 hours.

PLEASE NOTE:

If you are unable to keep your appointment, a 24-hour notice will be required. The radioactive isotopes are ordered just for you and your study. If you must cancel your appointment please call 481-7384 between 7:30 am and 4:00 pm or 397-5484 between 8:30 am and 6 pm. If no notice of cancellation is given, you may be required to pay for the materials which have been ordered on your behalf. This could cost as high as \$200; which will not be covered by insurance.