



NASHVILLE: 615-329-5144

FRANKLIN: 615-791-4964

## **Cardiolite Stress Test** ( page 1 of 2)

Your doctor has ordered an Cardiolite stress test to evaluate the blood supply to your heart. Most results are available within 48 hours. The doctor who ordered your test will discuss the results with you. See the reverse side of this sheet for **IMPORTANT instructions** on food, drink & medications. Please allow **3 to 4 hours** for the testing process. It is not necessary to have someone drive you, but you are welcome to bring a friend/family member.

### ***What happens during the test?***

- Step 1** An IV is started in your hand or arm.
- Step 2.** Your first dose of Cardiolite is given through the IV
- Step 3.** Relax for 30-45 minutes. During this time, though you can't feel it, the Cardiolite circulates.
- Step 4** Pictures are taken on a special camera that requires that you lie still. (The camera is very open, It does not cover your head and is not loud. (15 minutes)
- Step 5** Your \*stress test is performed by qualified staff under the supervision of a cardiologist. (25 -30 minutes)

There are two types of \*stress tests.

- Adenosine test:** A stress test **without exercise**. Adenosine is a medicine that is used in patients who can't exercise well or whose heart rate does not rise enough with exercise. It is given through the IV over **6** minutes. It can make you feel flushed or feel the need to take a deep breath. This goes away very quickly.
- Treadmill test:** A stress test **with exercise**. Patients usually walk on the treadmill for **6-12** minutes. It is important to walk as long as you can. If you heart rate does not increase enough with exercise, your test may be changed to an adenosine test (see above) to be sure that we have the best pictures of your heart.

- Step 6** During the \*stress test, you will receive a second dose of Cardiolite.
- Step 7 :** Relax again ( 30-40 minutes)
- Step 8** The final set of pictures is made of your heart.(15 minutes)

***If you must reschedule your test, please give 24 hours notice. Cardiolite is ordered just for you & is wasted if not used. Unless you give the 24 hour notice, you will be personally responsible for the \$ 250 cost. Insurance will not pay for a missed appointment.***

**See page 2 >**

## Cardiolite Stress Test ( page 2 of 2 )

Name: \_\_\_\_\_ Date: \_\_\_\_\_ Time: \_\_\_\_\_ AM PM

- Bring a list of your medications or the bottles.
- Bring your inhalers if you have lung problems.
- Wear comfortable two-piece clothes & walking shoes.
- A book or crossword is a good idea and helps pass the time

**DIABETIC patients:** Ask for instructions for your insulin or oral medications. (Morning tests are usually best for patients on Insulin to avoid low blood sugars.)

**NO CAFFEINE** for **24 HOURS** prior to your appointment. Examples: No regular OR decaffeinated coffee, tea, "cokes", sodas, such as Mt. Dew, chocolate, or energy drinks. No Excedrin, Goody's, or BC powder.

**WATER is allowed** before & during the test.

### **NO FOOD for several hours prior to the test:**

**MORNING** tests: NO food **after midnight**; You may have clear juice or water that morning.

**AFTERNOON** tests: No food **after 8am**. You may have a light breakfast before 8 am (examples: toast & juice, bagel), then clear juice or water until the test.

To get the best test results, some blood pressure, heart, or asthma/lung medicines may need to be stopped **temporarily**.

**STOP medicines listed below for 24 hours prior to your test, (unless you are told otherwise by your doctor / nurse)**

You may restart your medicines after the test.

Acebutolol	dilacor	Persantine
adalat	Diltiazem	Pindolol
aggrenox	dipyridamole	Propranolol
Atenolol	Felodipine	Tenormin
Betaxolol	Inderal	Theo-chron
Cartia	Innopran	Tiazac
blockadren	Isoptin	timolol / timolide
Calan	Kerlone	Theophyllines
cardizem	Labetolol	Verapamil
Coreg, carvedilol	Nadolol	Verelan
Corgard	Nifedipine	
Covera-hs	Normodyne	

You may take other types of blood pressure/heart medicines that are NOT listed above so that your blood pressure does not get too high during the test.

**QUESTIONS?? Call Mid-State Cardiology & ask to speak with a nurse. ( Nashville: (615) 329-5144; Franklin: (615) 791-4964 )**

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