

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 specifically 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. The exam compares blood flow to your heart under normal circumstance (rest) and after exertion (stress). 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/cardiac disease. 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.

Before the Exam

- **Please do not eat anything 6 hours prior to the test. Please drink 2-3 cups of water the morning of your exam.** Eating will result in an unclear image. Diabetic patients may have a piece of dry toast and some fruit 2-4 hours prior to the test. Diabetic patients may take any medication at any time.
- **No caffeine 24 hours before the test!** *Having caffeine will result in cancellation of your exam.* This includes caffeinated and decaffeinated beverages, as well as medications containing caffeine (includes tea, coffee, soda, energy drinks or diet pills).
- **Do not take cardiac medications 24 hours before your test unless otherwise instructed by your doctor.**
- **Do not take high blood pressure medications 48 hours before your test.**
- **Do not smoke on the day of your test.** Smoking on the day of your test may alter your test results. Smoking is also prohibited inbetween the two scans.
- **Hold your medications** unless otherwise directed by your physician. Please bring a list of your current medications, as you may be asked to provide it. Diabetic patients please see first bullet.
- **If you have asthma or COPD, you MUST bring your inhaler.**
- Wear loose fitting clothes.
- 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 will be restricted to the waiting room.
- Your total test time will be approximately 3 hours.

During the Exam

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 for 60 minutes. The Cardiolite radioisotope will allow images to be taken of your heart. You will be asked to lie still on the imaging table for approximately 15 minutes with your arms over your head. Your first images (the resting set) are taken at this time.

The stress portion (15 min.) of the exam will begin after the resting scan.

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 chest pressure or pain. Two minutes into the Adenosine injection you will receive another Cardiolite injection, which will be used for the second set of images. Your blood pressure and EKG will be monitored during the duration of your stress exam. If you are allergic to latex, please inform the technician, as electrodes will be placed so that your heart rate and rhythm can be watched closely throughout the test.

If you are experiencing side effects, it is important to inform the testing staff. Any possible side effects will be brief, and you will feel completely back to normal after 5 minutes of testing, with no lasting effects.

There will be a 1-hour lunch break in between the first and second set of scans. While you are allowed to eat, **we ask that you refrain from caffeine, cigarettes and blood pressure medication.**

The second images (stress portion) are obtained in the same way as the first. Two sets of images, rest and stress, are taken to allow our radiologist to compare your heart during resting and stressful states. However, you will receive only one Adenosine injection.

After the Exam

When your test is completed, you may leave immediately and return to your normal activities after the exam. 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 unable to discuss them.

**If you need to cancel or reschedule your appointment,
please contact us at least 24 hours in advance to avoid a No Show Fee.**

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