

**RADIOISOTOPE CARDIAC STRESS TEST
APPOINTMENT INFORMATION**

Patient Name: _____

DOB: _____

Date: _____

Time: _____

A radioisotope cardiac stress test is a diagnostic examination used to determine if your heart muscle is receiving an adequate blood supply at rest and during stress. The exam usually takes approximately 3 hours and involves either exercising on a treadmill or receiving IV medication called Adenosine. Adenosine causes the blood vessel to dilate as in exercise without physically walking. Please wear comfortable clothes and shoes even if you are unable to walk.

- § During the first phase, an IV is placed into your arm and the isotope is given. The isotope is a heart tracer medication that allows the heart muscle to be imaged.
- § After 45-60 minutes, you are placed under the camera to obtain resting images of your heart muscle. The images take approximately 20 min.
- § Following the pictures, the stress phase begins.
- § At this time, you are either instructed to exercise by walking on the treadmill or administered IV Adenosine.
- § You are monitored by EKG and blood pressure followed by a second injection of isotope.
- § Once the stress phase has been completed, you are instructed to eat a high fat meal and return in 45 minutes to take final stress images of your heart. This completes your study.

**If you have questions,
please call 816-221-6750, Extension 6615.**

INSTRUCTIONS

1. **Hold coffee or any caffeine products 12 hours prior to test.** (This includes any drinks labeled caffeine free, or decaffeinated. In addition, tea, chocolate, Excedrin, Anacin, all forms of cafergot, Darvon, and Fiorinal).
2. **The following medications should be held prior to the test:**
 - § **Hold all Nitrates or Nitroglycerin for 12 hours prior to the test.** (This includes Imdur, Isosorbide, Isordil, Nitro-bid). Remove nitro patches 2 hours before the test.
 - § **Hold Theophylline- and Dipyridamole-containing medications for 24-hours prior to the test.** (This includes Persantine, Pletal, Aggrenox) if OK with the doctor that prescribed them.
 - § If you are walking on the treadmill, hold any Beta-blockers for 24-48 hours. (This includes Toprol-XL, Metoprolol, Lopressor, Atenolol, Coreg, Bystolic, etc.)
3. **Eating and Drinking:**
 - § For morning procedures, nothing to eat or drink after midnight.
 - § For afternoon procedures, patient may have a light breakfast 6 hours before the test.
4. **Diabetic Patients:** If you are diabetic, please hold all oral diabetic medications (glucophage, glyburide, avandia). Bring a ½ dose of insulin with you to your appointment.
5. **If you use an inhaler,** please bring with you to the appointment.

If you do not follow instructions and/or cancel within 24-hours of the scheduled appointment, you will be held financially responsible for the cost of any supplies or medications ordered on your behalf.