

## Important

- Wear a two-piece outfit and shoes that are comfortable for walking
- Do not wear pantyhose
- Do not use lotion

### Your doctor ordered:

\_\_\_\_\_ One day test      \_\_\_\_\_ Two day test

\_\_\_\_\_ Exercise Cardiolute

\_\_\_\_\_ Pharmacological (medicine) Cardiolute

Ordering Dr. \_\_\_\_\_

Day 1 Date: \_\_\_\_\_ Time \_\_\_\_\_

Day 2 Date: \_\_\_\_\_ Time \_\_\_\_\_

### Before your test:

Medicine Instructions (to be completed by ordering physician or his/her nurse)

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

*Do not eat for two hours before the test.*

**Please read this brochure completely and call us if you have any questions or concerns prior to your test.**

## Is there any risk from the radiation?

The Cardiolute administered during this exam contains a small amount of radiation, comparable to that from an X-ray or CAT (CT) scan. If you are pregnant, suspect you may be, or are a nursing mother, discuss this with your doctor before undergoing the procedure.

**Note: If you go to certain public places like airports, you may set off radiation detectors that are in place for security purposes. The amount of your radiation poses no danger to the public and is allowed by the medical use regulation of the Nuclear Regulatory Commission (NRC). This radiation will be out of your system in 2-3 days**

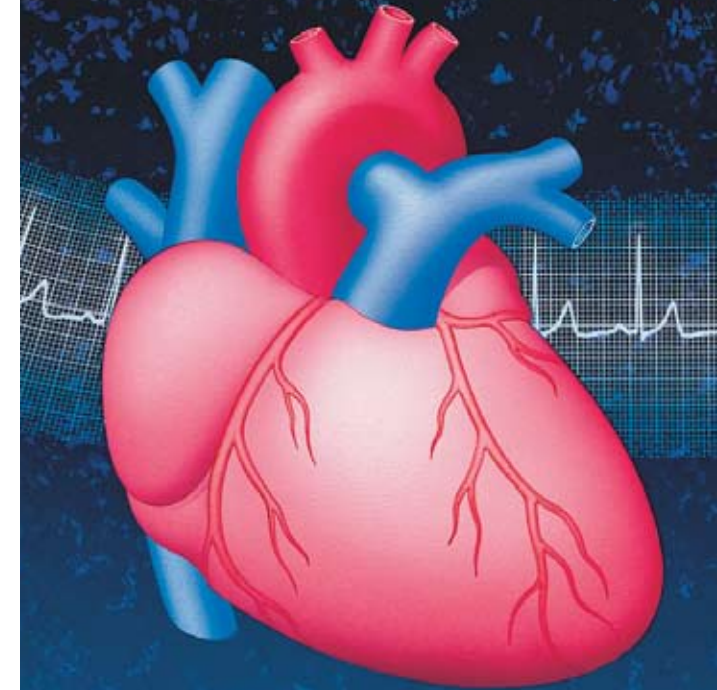


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# Cardiolute Stress Test



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## How Cardiolite Stress Testing Works

This is a type of nuclear scanning or myocardial perfusion imaging test. It shows how well blood flows to the heart muscle. It is done with an exercise or medicine stress test. A small amount of radioactive substance called cardiolite is injected into the vein. The cardiolite mixes with the bloodstream and the heart's arteries. If a part of the heart muscle does not receive a normal blood supply, less than normal amounts of cardiolite will be seen in that part of the heart muscle. Two images are taken of the heart muscle for this test. These are done 2-3 hours apart. One image is taken at rest; the other image is taken after the heart is stressed.

## Exercise Cardiolite Test

If your doctor has ordered an exercise cardiolite test, you will be asked to walk on a treadmill until you reach your perceived peak workload and/or your age-predicted target heart rate. The staff conducting the study will be assessing you and your heart rate and blood pressure regularly during exercise.

## Pharmacological (Medication) Cardiolite Test

If you have a medical condition that prevents you from walking on the treadmill, your doctor will order a pharmacological (medication) cardiolite test. You will lie on an examination table. Medication will be given through your IV to increase blood flow to the heart and thus "mimic" an exercise test. The staff conducting the study will be monitoring you and your heart rate and blood pressure regularly during the study.

### Instructions before the test:

- Do not eat or drink two hours before the scheduled arrival time.
- NO caffeinated or decaffeinated products for 24 hours prior to the test. You may have water, white milk or fruit juice.
- Take your medications as directed by your doctor ordering the test (see instructions on reverse page of this pamphlet).
- Bring a light snack with you to your appointment. (ie: cereal bar, yogurt, juice, etc.)
- If you are an insulin-dependent diabetic, take your insulin as directed by your doctor for the day of the test (see instructions on reverse page of this pamphlet).

**Medications containing theophylline (i.e. uniphyll, theolayer or theophylline) must be held 48 hours prior to a medication study using adenosine.**

## What happens during the test

**1 day test will be 3-4 hours**

**2 day test will be 1½ -2 hours each day**

1. An IV line will be placed in your hand or arm.
2. An injection of a radioactive tracer will be given while you are at rest. You may then eat a light snack.
3. Following a short wait, a special camera will take pictures of your heart. This will last about 15 minutes.
4. Several small pads called electrodes will be placed on your chest. The pads are connected to an electrocardio-graph (ECG) to monitor your heart rhythm.
5. You may walk on the treadmill or be infused with a drug that exercises your heart as if you were on the treadmill, depending on what your doctor has ordered for you. Even if you receive a drug to stress your heart, it may still be necessary to exercise minimally.
6. Another injection of a radioactive tracer will be given through your IV while your heart is at stress.
7. Following a short wait, the technologist will scan your heart again. This scan will last about 15 minutes.
8. You will NOT need someone to drive you home.