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Nuclear Medicine (Cardiolite) Treadmill Stress Test

This instruction sheet has been prepared by Faith Regional Health Services. It includes the basic points of your care. If you have any questions, please feel free to ask them.

A Nuclear Treadmill Stress Test is similar to a standard treadmill stress test, but it provides the doctor with additional information by using a radioactive medication (Cardiolite) to evaluate coronary blood flow. A Nuclear Treadmill Stress Test can tell the following:

- Which areas of the heart are not getting enough blood and oxygen
- How quickly the heart recovers after exercise
- Any irregular heart rhythms

What Happens during the test?

You will be taken to Radiology where an IV line will be started to give the Cardiolite during exercise. Two sets of pictures of your heart are taken, one before your stress test and one after the stress test. Each picture takes about 20 minutes to complete. You will rest on an imaging table with your arms above your head, and a special camera will rotate around your chest. The two sets of pictures are compared to check for any differences in the blood flow to the heart.

For the treadmill stress test, electrodes will be placed on your chest to record an EKG. This monitors the electrical activity of the heart. The cardiologist will have you exercise on the treadmill, gradually increasing in speed and incline. The test will be stopped if you become too tired, have any symptoms such as chest pain, or when the doctor feels he has gathered the information he needs. One minute before stopping Cardiolite will be injected. After the exercise part of the test is completed, you will have a second set of pictures taken (the stress scan) of your heart.

How do I prepare for the test?

Please bring a current list of medications and doses.

For 24 hours before your test, please do not eat or drink any of the foods, and do not take any of the medications on the list below.

- No coffee or tea that is brewed, instant, iced or decaffeinated.
- No colas or other soft drinks that contain caffeine, including those labeled "caffeine-free".
- No chocolates, including candies, frosting, cookies, pies, cocoa, and chocolate milk.
- No aspirin products that contain caffeine, such as Anacin and Excedrin.
- No Persantine (dipyridamole)
- No theophylline or theophylline containing products such as Constant-T, Primatine, Quibron, Slo-Phylline or Theodur.

You should not eat or drink for 4 hours prior to the test.

- You may have clear liquids until 2 hours prior to your test.
- Wear comfortable clothes and shoes.
- If you are currently on a Beta-Blocker (refer to the bottom of the page) do not take it the day of the test.
- This is only a partial list. Check product labels or ask your doctor to be sure of what products to avoid before your test. This will help ensure that your test will go as smoothly as possible.
- If you are diabetic, check with your doctor regarding your medications and the eating restriction.

Additional Information:

Testing is performed Monday through Friday at the West Campus.

Enter the hospital through the main lobby and check in at the admitting desk to register.

Name of Beta Blockers (not all listed)

Atenolol or Tenormin

Propranolol or Inderal or Betachron E-R

Pindolol or Visken

Metoprolol or Toprol or Lopressor

Kerlone, Levatol, Cartrol, Zebeta, Blocarden, Betapace, Sectrol, Corgard, Trandate, Normodyne

Date and time of your test: _____

Check into admitting desk at: _____

Results from your test will be discussed with you at your next scheduled office appointment.