

Adenosine Cardiolite Stress Test

Your doctor has recommended that you have an Adenosine Cardiolite Stress Test to help evaluate the condition of your heart and its arteries. The results of this test will help your doctor determine if your coronary arteries have become narrowed or blocked as a result of coronary artery disease and to then decide the best course of treatment.

How do I prepare for the test?

The entire test will take a few hours. For best results, please prepare for your test as directed. You should not eat or drink for at least 4 hours prior to your test. When you schedule the test, be sure to mention all the medications you take. Beta blockers should not be taken the night before or the day of test. If you are diabetic, please discuss this with your doctor and follow any special instructions about your medication or diet in preparation for the test. Certain ingredients that exist in foods and medication may interfere with the test. These ingredients include: caffeine, theophylline and dipyridamole.

For 24 hours before your test, please do not eat or drink any of the following foods and please do not take any of the following medications:

- 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 chocolate, including: candies, frosting, cookies, pies, cocoa and chocolate milk.
- NO aspirin products that contain caffeine, such as Anacin or Excedrin.
- NO Persantine (dipyridamole).
- NO Theophylline or Theophylline containing products such as: Constant-T, Primatine, Quibron, Slo-Phylline or Theor-Dur.

This is only a partial list. Check product labels or ask your doctor to be sure of which products and foods to avoid before your test to ensure that your test goes as smoothly as possible.

Please bring a current list of ALL your medications and their doses.

What happens during the test?

You will be taken to Radiology where an IV line will be started in order to give a small dose of the isotope during the test. A special camera will take pictures of your heart, called a "resting scan." You will rest on your back with your arms above your head while a special camera takes pictures of your heart. After the first set of pictures, you will be taken to Cardiopulmonary where the stress test will be performed. Electrodes are placed on the chest to record an EKG which monitors the electrical activity of the heart.

A medication called Adenosine will be injected over a six minute period. An imaging agent is injected midway through the six minutes. As the medication is given, you may feel flushed, chest pressure or

pain, shortness of breath or other discomfort. This is a common reaction, but it is important to tell the doctor what you are feeling. Usually these effects disappear on their own within a minute or two after the injection is over. When the infusion is complete, you will return to Radiology for "post stress" pictures of your heart. These images are compared to the images obtained during the first part of the test. When the test is complete, your doctor will know more about the blood flow to your heart muscle and your health.

Additional Information:

- Testing is performed Monday through Friday at Faith Regional Health Services' West Campus.
- Enter the hospital through the main entrance and register at the information desk.
- Please bring a current list of your medications.

Test Date and Time: _____

Your doctor will discuss the results of your test with you at your next scheduled appointment.

If you have any questions or concerns about your test and cannot reach your doctor, you may call Faith Regional Health Services' Cardiopulmonary department at (402) 644-7517.

If you have consumed caffeine within the 24 hours prior to the stress test, the procedure will NOT be performed. You may still be billed for the medication (Adenosine) which is approximately \$200. These instructions were given to me and I understand.

Signature: _____