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### Cardiolite Rest/Stress Imaging Test

Type of Test:  Cardiolite  Dobutamine  Adenosine  Regular

Patient Name: \_\_\_\_\_ Phone: \_\_\_\_\_ Alternate: \_\_\_\_\_

The test consists of two parts, the stress part and resting part. A small amount of radioactivity is used to create pictures of how well blood flows through the coronary arteries when the heart is at rest and after stress. The stress part involves pictures and walking on a treadmill or the use of medications that imitates walking on a treadmill. The resting part consists of pictures only. The radioactive trace will be administered through an IV. The test MAY take up to 5 or 6 hours to complete but most of the time is spent waiting for the radioactive tracer to circulate through the heart. You will be informed of the results at a later date.

1. Do not eat or drink anything with caffeine in it for 24 hours prior to the test.
2. Nothing to eat or drink after midnight EXCEPT water. Please drink 8-16 oz. the morning of the exam.
3. **Do not take any medications the morning of the test.** Please bring your medications with you the day of the test. If diabetic, do not take insulin or any diabetic medication prior to the test. Do not take any heart or blood pressure medications. The only exception is seizure medication; if you have seizure medication prescribed to you, please take it. After completion of the test, you will be allowed to resume your evening and night medications.
4. Wear a comfortable two piece outfit. The shirt should not contain metal snaps or buttons. You are permitted to wear jeans. You may wish to bring a light jacket for the waiting room.
5. Please wear tennis shoes or comfortable walking shoes.
6. You are not required to have a driver for the test as it will not hinder your driving ability.
7. There are no restrictions upon completion of the test. You may resume your normal activities.
8. Separate doses are required for each patient. If you feel that you need to cancel or reschedule, please call within 48 hours prior to the test.
9. **Remember: The test requires you to be here 5 to 6 hours.** Please feel free to bring something to occupy your time such as reading material, crossword puzzle, etc.
10. **PLEASE LET US KNOW BEFORE WE BEGIN THE TEST IF YOU ARE OR MIGHT BE PREGNANT OR BREASTFEEDING.**
11. The stress test table has a 300 pound weight restriction. If you exceed the weight limit, we will schedule your test at the hospital.

Patient Signature: \_\_\_\_\_