



NORTHERN MICHIGAN

### PATIENT INFORMATION SHEET FOR CARDIOLITE STRESS TESTING

Your doctor has ordered a treadmill stress test OR a pharmacological stress test with Cardiolite (Sestamibi). Cardiolite binds with your blood and is taken up by the heart muscle. Cardiolite is a radioactive tracer not a medicine, drug, or dye and **will not** cause any side effects or symptoms. This test consists of two sets of pictures taken before and after the stress portion of the test, to evaluate the blood flow to your heart muscle and to assess cardiac function.

First, a nuclear medicine technologist will give you an injection of Cardiolite through an IV line. You will then wait approximately 45 minutes for this to circulate. You will then go underneath a camera for your first set of pictures. Next, you will proceed with your stress portion of the test. Once the stress portion is complete you will then go back underneath the camera for your second set of pictures.

#### INSTRUCTIONS:

1. DO NOT EAT for 4 hours prior to your test.
2. NO CAFFEINE (including DECAF) for 15 hours prior to your test. This includes coffee, tea, chocolate, and pop. The following medications also contain caffeine and should be avoided: ANACIN, CAFERGOT, EXCEDERINE, MIDOL, NO-DOZ, NORGESIC, VIVARIN, WIGRAINE.
3. Take your medications as you routinely do, unless otherwise directed by your physician. Water is allowed.
4. If you take any medications containing THEOPHYLLINE, contact your physician. This medication should be stopped 24-48 hours prior to the test.
5. If you use inhalers, please bring them to your test.
6. If you are an insulin dependent diabetic contact your doctor for possible insulin dose adjustments.
7. Bring a list of your current medications.
8. Wear comfortable clothing and suitable shoes for walking. Avoid clothing with metallic fasteners or decorations.

**PLEASE ARRIVE 30 MINUTES EARLY TO REGISTER FOR YOUR EXAM**

Date: \_\_\_\_\_

Time: \_\_\_\_\_

**Please enter through the Offield Family Pavilion Entrance.**

Check-in at the information desk **before** taking the elevator down to the Concourse Level outpatient registration waiting area. Once registered, you will be directed to the Imaging Department waiting area.

**If you have any questions regarding your stress test, please call us at 231-487-4246.**

**Our office hours are Monday-Friday 8:30am – 4:30pm.**

**Someone will return your call within one business day.**