



Date:

**CARDIOLITE (MYOCARDIAL PERFUSION) GRADED EXERCISE TEST INSTRUCTIONS**

Dear \_\_\_\_\_, You are scheduled for a

Cardiolite Graded Exercise Test on \_\_\_\_\_ with Dr. \_\_\_\_\_.

Please arrive 10 minutes early to register in the front lobby of Campbell County Memorial Hospital.

\_\_\_\_\_ You will need to be in the Radiology Department for the initial rest scanning pictures.

\_\_\_\_\_ You will need to return at this time for the exercise portion of the test.

This is a two-part test. Once you arrive, an IV is placed and you will receive an injection of cardiolite, a radio-isotope substance, which is used to image and evaluate your heart and heart blood supply. This part is approximately one hour.

During the second part of test, you will walk on a motorized treadmill that will increase in speed and elevation. Your blood pressure and EKG will be monitored to determine your hearts response to the increased workload. You will receive a second injection of Cardiolite during exercise. After exercise you will return to the Nuclear Medicine Department for follow-up imaging pictures of your heart. (This part is approximately 1.5 hours.)

PREGNANCY AND BREASTFEEDING PRECAUTIONS with ISOTOPE- Please notify us several days prior to test date if there is a chance you may be pregnant or if you are breastfeeding.

**MEDICATIONS:**

**DO NOT TAKE THE FOLLOWING MEDICATIONS AS THEY MAY ALTER THE TEST:**

**Do not take Heart or Blood pressure medications the morning of the test:** \_\_\_\_\_

**Do not take Viagra or Levitra 24 hours before the test**

**Do not take Cialis 72 hours before the test**

**Do not take medications containing caffeine 12 hours before your test ( fiorinal, excederine, no doz, etc.)**

**Please discuss Asthma medications with your physician before the test (bring inhalers with you)**

**Please discuss Diabetes medications( insulin and oral med) with your physician before the test.**

**Please bring list of your current medications with you**

**Routine medications may be resumed after the test is completed unless otherwise directed by your physician.**

**24 HOURS BEFORE THE TEST: AVOID TOBACCO, ALCOHOL**

**12 HOURS BEFORE THE TEST: AVOID CAFFEINE (coffee,tea,colas,chocolate and decaffeinated beverages)**

**FOOD:** Eat breakfast and drink water. **DO NOT EAT ONE HOUR BEFORE THE EXERCISE TEST (\_\_\_\_\_).**

**APPAREL:** Comfortable short sleeve shirt, pants and **comfortable walking shoes.** **No sandals, boots or flip flops.**

**GOOD NIGHT’S REST** is essential for your performance in the Stress Test laboratory.

Due to the cost and availability of the Cardiolite, please give a **24-hour** notice if you need to cancel your test.

If you have any questions or concerns, please feel free to call us at **688-2330**, Monday through Friday 8AM to 5PM.

