Jewish Hospital & St. Mary's HealthCare

Patient Instruction Information: STRESS TEST with CARDIOLITE®	Your Appointment Information
	Date: _____
	Time: _____
	Location: _____

What Is It?

A stress test with Cardiolite® is a way to determine if your heart muscle is getting the blood supply it needs. The test also helps find out how well your heart is working. To perform the test, a small amount of Cardiolite® is injected into your blood. A special camera is then able to take pictures of your heart.

Although Cardiolite® is a radioactive material, it is safely cleared from your body by natural processes. You will be exposed to a similar amount of radiation as in routine diagnostic x-ray procedures. Millions of nuclear medicine exams are safely performed each year.

How Long Will I Be Here?

- Cardiolite® injected through an IV - 5-10 minutes
- Wait time of 30-60 minutes (you will be given a small snack to help image quality)
- 1st set of pictures taken - approx. 15 minutes
- Stress test performed (treadmill or chemical) - 15-30 minutes
- 2nd set of pictures taken - approx. 15 minutes

ENTIRE TEST - Approximately 3-4 hours

What Do I Need To Do To Prepare?

- Arrive 30 minutes before appointment time to register
- Inform staff and physician of any food or drug allergies
- Bring a copy of your order (if you have it)
- Bring insurance card and referral numbers (if required)
- Inform staff of any potential pregnancy
- Bring a list of medications with you
- NO caffeine products 12 hours prior to test (including regular and decaffeinated coffee, colas, tea and chocolate)
- Do not eat or drink anything but water 4 hours prior to your test
- Wear comfortable shoes and clothing