



Name: _____
 Chart #: _____
 Weight: _____

Cardiolite Stress Test – Instruction Sheet

(Please bring this sheet with you)

Your Physician has recommended that you have a:

- Adenosine
 Persantine
 Dobutamine
 Treadmill
(Comfortable clothing & shoes)

On the following date: _____ at _____ am pm

This test will help your physician determine how well the blood flows through your coronary arteries. You will receive an injection of radioactive material through a small IV. After it circulates, we will take a set of pictures of your heart with our imaging camera. You will then be connected to an EKG machine, which will monitor your heart rate and rhythm during your stress test. To stimulate stress on your heart, you will either walk on a treadmill or receive a chemical substance. Once your ideal stress level is achieved, you will receive another injection of radioactive material through your IV. After the stress test, we will take one more set of images of your heart. You can expect to be at our office for at least 4 hours. You should be able to drive after completion of the test.

IT IS IMPORTANT THAT YOU FOLLOW THESE INSTRUCTIONS TO ENSURE A SUCCESSFUL TEST AND AVOID HAVING YOUR TEST RESCHEDULED:

48 hours prior to the test:

- No caffeine
- No decaf tea or coffee
- No chocolate
- No soft drinks

After midnight prior to your scheduled test:

- Do not eat, drink, or use any tobacco
- Unless otherwise directed:
 - take your usual dose of non-diabetic medications with water only
 - Hold diabetic medications until you arrive for your test
- Other instructions: _____

The medication for your test is very expensive, and is ordered *especially for you*. If you do not follow these instructions, miss or cancel your appointment without giving us 48 hours notice, your medication will have to be discarded, and ***you will be billed \$100 for this medication.***

I understand these instructions:

Patient Signature	Date
Witness Signature	Date