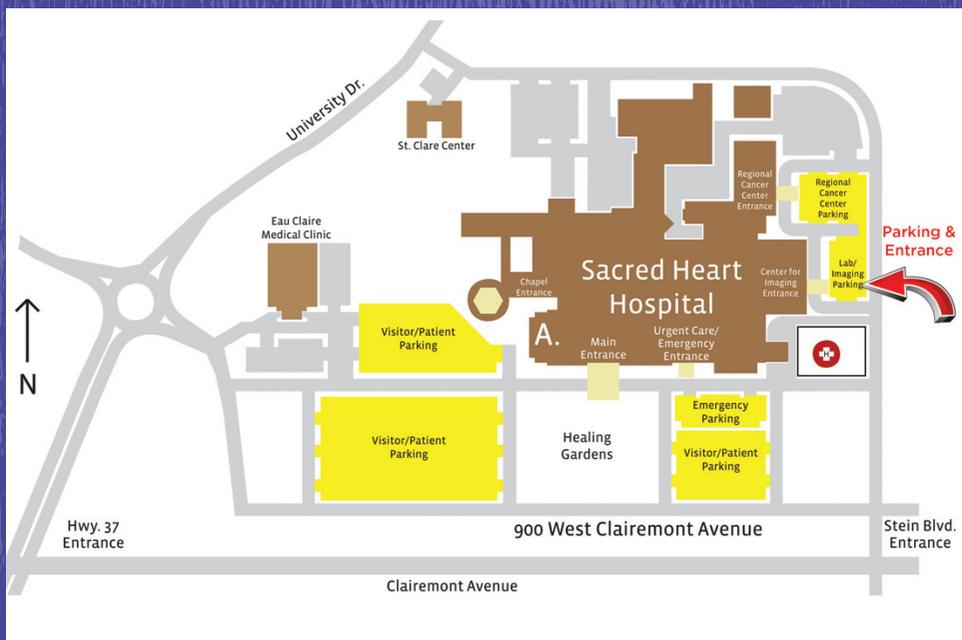


If you have any questions, you can call Radiology at 715-717-6985 or you may call your doctor's office.

# Patient Guide



## Cardiolite Treadmill Stress Test



### Sacred Heart Hospital

AN AFFILIATE OF HOSPITAL SISTERS HEALTH SYSTEM

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Radiology Services  
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715-717-4151  
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## (Sestamibi) Cardiolite Treadmill Stress Test

The most common reasons for doing this test are:

- To check for any major blockage of blood flow to the heart muscle
- To check your heart before surgery

### Before the Test

- Do not eat or drink for 6 hours before your test, unless told by your doctor
- You may take your medicines with a sip of water unless told not to by your doctor
- Because we want to speed up your heart during the test, talk to your doctor if you take any medicines that will slow down your heart rate.
- Bring your medicines and/or medicine list with you
- Do not eat or drink any of the following for 12 hours before the test:
  - coffee/decaffeinated coffee
  - soda pop/decaffeinated soda pop
  - tea/decaffeinated tea
  - chocolate
  - anything with caffeine
- Do not take any aspirin products that have caffeine in them (Anacin, Excedrin) for 12 hours before the test
- Wear comfortable walking shoes and clothes
- Come to Registration 15 minutes before your test time
- Plan to be at the hospital 3-4 hours for the test
- Please call the nuclear medicine department at (715) 717.4486 if you are pregnant or nursing

### Before the Stress Portion of the Test

- The test will be explained to you. You can ask any questions you have about the test, its risks, or how it will be done. Once your questions have been answered, you will sign a consent form for the test.

- An IV will be started through a vein in your hand or arm. A radioactive substance (tracer) will be put into the IV. This is a very small, safe amount that has no side effects and leaves your body quickly.
- You will be asked to sit in the reception area for up to one hour so the tracer can travel through your blood to your heart.
- This does not hurt, but you will need to lie still on your back with your arms above your head for up to 20 minutes at a time.

### During the Stress Portion of the Test

- During the stress portion you will be connected to a heart monitor (EKG) that will record how your heart is doing during the test. Your blood pressure will also be taken during the test.
- A doctor will be there while you are walking on the treadmill and will check your EKG and ask how you are feeling.
- While you are walking, your health care provider will ask for a small amount of tracer to be put into the IV once more to see how your heart is doing during stress. You will then be asked to walk for one minute longer.
- Risks of the stress test include blood pressure changes, dizziness, weakness, heart beat changes, and chest pain.

### After the Stress Test

- The EKG will be taken off.
- A second set of pictures will be taken about 15-30 minutes after your stress test.
- Your IV will be taken out.
- Unless told by the nurse or doctor, you can return to your normal routine after your test.
- Your doctor will have the test results for you in 2-3 days.