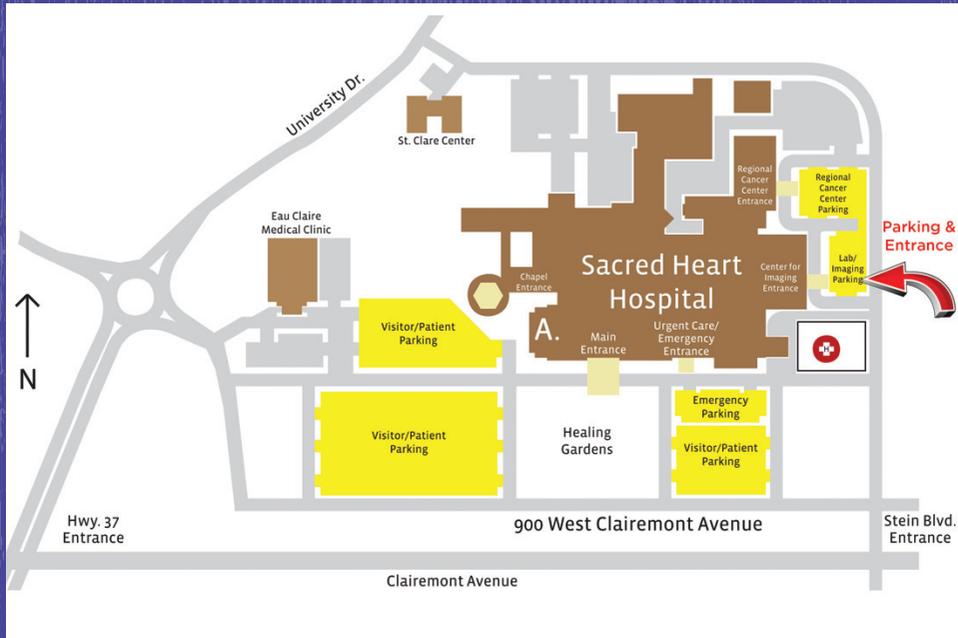


Patient Guide

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



Dobutamine Stress Cardiolute



Sacred Heart Hospital

AN AFFILIATE OF HOSPITAL SISTERS HEALTH SYSTEM

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Dobutamine Stress Cardioliite

A dobutamine stress cardioliite is a way for a person to have a stress test if they can't walk on a treadmill or ride a bicycle.

The usual reasons for having 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.
- Medicines that are called BetaBlockers and medicines that have Nitroglycerin in them must not be taken for 24 hours before this test. If you are not sure, check with your doctor.
- Because we want to speed up your heart rate during the test, talk to your doctor if you take any medicine that slows down your heart rate.
- You may take your medicines with a sip of water unless your doctor tells you not to.
- Bring your medicines and/or medicine list with you.
- Come to the hospital 15 minutes before your scheduled test time.
- Plan to be at the hospital 3-4 hours for the test. Please contact the nuclear medicine department if you are pregnant or nursing at 715-717-4151.

Before the Stress Portion of the Test

- When you arrive, 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. It is a very small, safe amount that has no side effects and leaves your body quickly.
- You will then be asked to sit in the waiting area for up to one hour so the tracer can travel through your blood to your heart.
- The person doing the test (technologist) will then take pictures of your heart. This does not hurt, but you will need to lie still on your back for up to 20 minutes at a time.

During the Stress Portion of the Test

- After the first pictures are taken, you will be taken to a room and 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 heart doctor (cardiologist) will be there when the medicine that increases your heart rate is slowly put into your IV. While you are receiving the medicine, you may feel your heart beating harder or faster, and chest pain may occur. You may also get a headache or feel sick. This will go away in a few minutes after the medicine is stopped.
- The doctor or nurse will check your heart monitor, blood pressure, and ask how you are feeling.

After the Stress Test

A nurse will watch your heart and blood pressure until you are removed from the EKG and your IV taken out. A second set of pictures will be taken about 15-30 minutes after your stress test.

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.