

## INSTRUCTIONS: CARDIOLITE STRESS TEST PREPARATION SHEET

Your physician has ordered a diagnostic nuclear medicine examination to evaluate the adequacy of the blood supply to your heart muscles. This examination involves an intravenous injection of a radio pharmaceutical, and then taking images of your heart while you are in a resting state and again when your heart is in a stressed state. The two parts of the test may both be scheduled on the same day or separate days.

**Resting Images:** Scheduled for \_\_\_\_\_ at \_\_\_\_\_  
Date Time

**Stressed State Images:** Scheduled for \_\_\_\_\_ at \_\_\_\_\_  
Date Time

Instructions to be followed for both days:

1. You must avoid any caffeinated products for 24 hours prior to your scheduled appointment time. This includes coffee, tea (including decaffeinated), all forms of chocolate, and all sodas.
2. Don't eat anything for at least four hours prior to your appointment. You may have clear liquids such as juice and water up until your appointment time. A meal will be provided for you after your test.
3. Unless instructed otherwise by your provider, continue to take your medications as you normally do.
4. The Resting portion of the exam usually takes approximately one and one-half hours. You will be given an intravenous injection of a radio tracer and images will be taken shortly thereafter. The Stress portion of the exam usually takes approximately two hours. An intravenous line (IV) will be started for this portion of the exam.
5. The actual stress portion of the exam will be performed in one of two different ways: 1) exercising on a treadmill or 2) injection with Lexi Scan to simulate the stress of exercise on the heart. Your physician will determine which of these methods is better for you.

On the day of your test go to the main entrance of Central Peninsula Hospital and check-in at Outpatient Registration

If your test is scheduled for two days, the Technologist will tell you where to check-in

**\*\*You will receive a bill from Central Peninsula Hospital, the radiologist, and the physician supervising and reading the stress portion of your test.\*\***