Cardiac Stress Test

You have been scheduled for a Cardiac Stress Test, which involves the use of a small amount of radioactive material. The level of radioactivity used is extremely low and has no side effects.

You will be positioned next to a special detector called a Gamma Camera. The camera does not produce any radiation. It will be placed close to your heart.

Patient Information:

- **1.** Please report to Goshen Hospital **15 minutes** prior to your scheduled test time. This time is to allow for the registration process. Please bring your insurance cards.
- **2.** After you are registered, a technologist will obtain your pertinent medical history and an I.V. catheter will be placed in a vein in your arm or hand. You will receive an injection of a radioactive tracer. There is no side effect to the tracer injection; it merely lets us image your heart.
- **3.** The tracer will be given 30-60 minutes to circulate.
- **4.** You will be positioned on your back and a camera will rotate around your heart. This scan will take about 20 minutes.
- **5.** You will be asked to sign a consent form before the Cardiac Stress Test begins.
- **6.** You will then enter a treadmill room where a nurse will attach EKG electrodes to your chest and your blood pressure will be taken. When the cardiologist arrives, you will exercise on a treadmill until your target heart rate is reached (this is determined by your age). You will be injected through the I.V. with a second radioactive tracer. This material allows us to see what your heart muscle looks like when you are being stressed.
- 7. You will be taken to a waiting room and made comfortable (or you may leave the facility) 30 minutes to 1 hour. You will be encouraged to drink some fluid. The waiting period allows the tracer to leave your digestive system but to stay in your heart.

- **8.** You will then return to the camera room to have a second 20 minute picture performed. You will be positioned under the same Gamma Camera and a second set of pictures of your heart will be taken.
- **9.** This entire procedure takes between 4 and 5 hours. In some cases a separate set of images 24 hours later may be necessary.
- **10.** Your referring physician will receive a written report from the Cardiac Stress Test 48 hours after your test is complete.

Patient Preparation:

Please follow the following preparation prior to your Cardiac Stress Test:

- No food or drink at least 4-6 hours before the exam.
- No products containing caffeine 12 hours before the exam (i.e. no decaffeinated or regular coffee or tea, cola, chocolate, Anacin, Excedrin, etc.).
- You MUST bring a list of prescription medications and the medications themselves with you on the day of your test.
- Medications
 - If you have questions concerning the stopping of your medications for this exam, PLEASE CONTACT YOUR PHYSICIAN.
- If you have a history of *asthma* or *wheezing*, please notify Nuclear Cardiology personnel at the time of your procedure.
- Wear or bring comfortable clothing / shoes to the exam as you will be asked to exercise on a treadmill.
- DO NOT wear an underwire bra or anything metal on your chest.
- IF YOU HAVE SPECIFIC QUESTIONS REGARDING MEDICATION OR OTHER PREP, PLEASE CALL 574-364-2605.

For the success of the scan and for your safety, tell the nurse or technologist if you

- Are pregnant or breastfeeding (or if there is any chance of pregnancy).
- Have had a Cardiac Stress Test before (or other tests pertaining to your symptoms).
- Have had a Cardiac Catheterization, Angioplasty or Bypass Surgery.
- Are taking any medications.
- Have had a recent Barium Study or x-rays using contrast.
- Are unable to hold your left arm above you head.

You may be asked about your overall health to aid in assessing your images.

For Best Results:

Relax and remain as still as you can. This will help ensure that the images taken will be clear and will not have to be repeated.

Scan Tips:

- Prepare for the test as instructed.
- Ask how long the test will take.
- Bring something you can do while waiting to have your scan.
- Be ready to talk about your health and any allergies you may have (it may be helpful to write down surgery dates, medications, etc).

Date			
Time:			



Goshen Hospital 200 High Park Ave. Goshen, IN 46526 574-364-2605

IF YOU ARE UNABLE TO KEEP THIS APPOINTMENT, PLEASE CONTRACT THE NUCLEAR MEDICINE DEPARTMENT AT LEAST 24 HOURS IN ADVANCE OF YOUR APPOINTMENT AT 574-364-2605.

After Your Scan:

Date:

After your scan, you may return to your normal routine. The tracer will leave your body within a few days. To hasten this process, drink extra water and urinate frequently for 24 hours after your scan. Your referring physician will receive a written report from the Cardiac Stress Test 24-48 hours after your test is complete.

Patient Information Continued:

What is Nuclear Medicine?

Nuclear Medicine is a medical specialty which uses safe, painless and cost-effective techniques both to image the body and treat disease. Nuclear Medicine imaging is unique in that it documents organ function and structure in contrast to Diagnostic Radiology which is based on anatomy. Nuclear Medicine allows your physician to gather medical information which may otherwise be unavailable, require surgery, or necessitate more expensive diagnostic tests.

Nuclear Medicine uses very small amounts of radioactive materials or radiopharmaceuticals to diagnose and treat disease.

Radiopharmaceuticals are substances that are attracted to specific organs, bones or tissues. The radiopharmaceuticals used in Nuclear Medicine emit gamma rays which can be detected externally by special types of cameras called Gamma Cameras. These cameras work in conjunction with computers and are used to create images which provide data and information about the area of the body being imaged.

Notes:			

This patient information sheet was provided to you courtesy of the Goshen Hospital Nuclear Medicine Department as part of our commitment to superior healthcare. This is for informational purposes only and is not intended as a substitute for discussion between you and your physician. Please consult with your physician or a member of our Nuclear Medicine Department staff if you would like more information about specific procedures.

200 High Park Ave. Goshen, IN 46526

Nuclear Medicine Department

Phone: 574-364-2605 Fax: 574-364-2843

Information for our Nuclear Medicine Patients

Inform your physician if you are pregnant or breast feeding

CARDIAC STRESS TEST TREADMILL

What is a Cardiac Stress Test?

A Cardiac Stress Test is a special imaging test. It is used to find heart problems, such as blockage in the coronary arteries, or heart attack. It is also used to check the efficiency of your heart, or how well it pumps. A Cardiac Stress Test uses a small amount of an injected radioactive matter (tracer) and a camera to form an image. It is a type of Nuclear Medicine scan. Your doctor has decided that the value of this test outweighs any risk.