

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.

Patient Information Continued:

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.**

Let the Technologist Know:

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*).

My Appointment:

Date: _____

Time: _____



Place:

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

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

After Your Scan:

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.

