

## Cardiac Stress Test

You have been scheduled for a Medicated Cardiac Stress Test, which involves the use of a small amount of radioactive material. The drug (Lexiscan or Dobutamine) is a pharmacologic form of stress that is used to mimic exercise. 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. A technologist will then attach EKG electrodes to your chest and your blood pressure will be taken. Lexiscan (*Dobutamine may be used instead*) will be infused through the I.V. You may feel slightly flushed or nauseated but these feelings are normal and will pass shortly. Another tracer will be injected during the Lexiscan infusion. Again, there is no side effect to the tracer; it is merely an imaging agent.
7. After the Lexiscan is infused (*approximately 2 minutes*) you will be asked to wait for 45-60 minutes. This waiting period allows the tracer to leave your digestive system and stay retained in your heart.
8. You will return to the camera room to have a second 20 minute picture performed.

9. This entire procedure takes between 4 and 5 hours.
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 as you will be lying on a table for images.
- 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 your 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 CONTRACT THE NUCLEAR MEDICINE DEPARTMENT AT LEAST 24 HOURS IN ADVANCE OF YOUR APPOINTMENT AT 574-364-2605.**

### After Your Scan:

After you 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.

