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**What Should I Do Before the Test?**

- Do not take Beta Blocker medications or Theophylline for 24 hours before the test (examples would be Atenolol, Metoprolol, Lopressor, Toprol)
- Viagra and similar medications must be avoided for 48 hours.
- Do not drink caffeine 24 hours prior to testing (NO coffee, tea, soda, chocolate, or Excederin)
- NO smoking for 8 hours before your scheduled test time.
- You may not eat or drink 6 hours prior to test— EXCEPT YOU MAY HAVE ALL THE WATER YOU WOULD LIKE
- Wear comfortable clothing and shoes. Please do not wear items with metal such as snaps or underwire bras as you will be asked to remove them.
- Bring a current medication list and any inhalers you use with you to the test.

**Your Cardiolite is scheduled at:**

- \_\_\_ Clarion Facility  
Please enter through Emergency Room entrance and register at Admissions Desk.
- \_\_\_ Belmond Facility  
Please enter at Main Entrance and register at Admissions Desk

DATE: \_\_\_\_\_  
TIME: \_\_\_\_\_  
Other notes/instructions: \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

**IF YOU ARE UNABLE TO MAKE YOUR APPOINTMENT YOU MUST CALL AND CANCEL 24 HOURS IN ADVANCE DUE TO THE ISOTOPE BEING ORDERED SPECIFICALLY FOR YOU. IF YOU ARE CALLING TO CANCEL ON A WEEKEND, EVENING, OR HOLIDAY PLEASE CALL THE RESPIRATORY THERAPIST ON CALL AT 515-689-0169.**

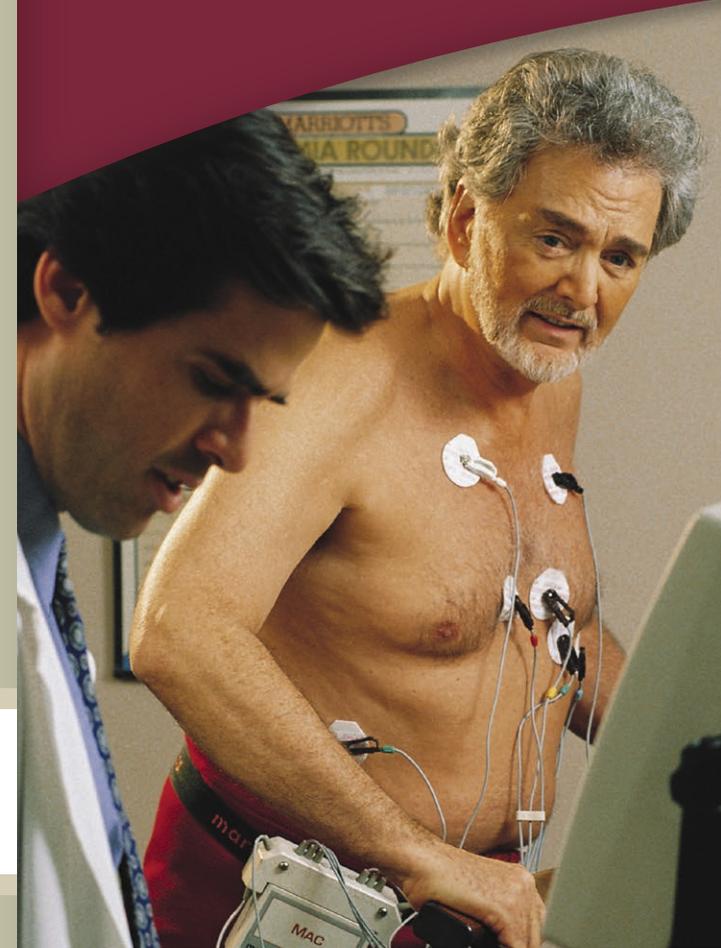


**Locations**

<b>Belmond</b> 403 1st Street Southeast Belmond, Iowa 50421 Phone: (641) 444-3223	<b>Clarion</b> 1316 South Main Street Clarion, Iowa 50525 Phone: (515) 532-2811
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844-ISH-4321  
[www.iowaSpecialtyHospital.com](http://www.iowaSpecialtyHospital.com)

Cardiolite®



## What is a Cardiolite?

A stress test with Myocardial Perfusion Imaging, or a Cardiolite is a way to determine if your heart muscle is getting the blood supply it needs. The test also helps find out how well your heart is working. To perform the test, a small amount of Cardiolite is injected into your blood. A special camera is then able to take pictures of your heart. This allows your doctor to look at the flow of blood to the heart muscle.

Although Cardiolite is a radioactive material, it is safely cleared from your body by natural processes. You will be exposed to the same amount of radiation as in a simple x-ray or CT scan. Millions of nuclear medicine exams are safely performed each year.

Questions that can be answered from this procedure include:

- 1) Is your heart receiving enough blood?
- 2) Do you have coronary artery disease?
- 3) Is further testing necessary?

## Why do I Need This Test?

Your doctor has asked for a stress test with Cardiolite in order to get more accurate and complete information about how your heart is functioning.

Your heart receives life-giving blood from vessels called coronary arteries. If these arteries become partially blocked or narrowed by the buildup of fatty materials (lipids), your heart may not receive the blood it needs to function properly. This narrowing of coronary arteries is called coronary atherosclerosis or; more commonly, coronary artery disease (CAD).

While your heart may function normally at rest, your heart muscle may not receive enough blood when under stress (for example, when you are exercising). This often results in chest pain called angina pectoris. On the other hand, there may be no outward physical signs of the disease. If CAD is limiting blood flow to a part of your heart, a stress test with Cardiolite may be useful in detecting the disease and assessing how this may affect you. With this information, your doctor can determine the proper course of treatment to keep you healthy.

## What Happens During the Test?

- 1) The test will be 3-4 hours.
- 2) An injection of Cardiolite imaging tracer will be given while you are at rest.
- 3) Following a wait for the tracer to move through your system, a special camera will take pictures of your heart.
- 4) Several small pads called electrodes will be placed on your chest. The pads are connected to an electrocardio-graph (ECG) to monitor your heart rhythm.
- 5) You may walk on the treadmill or be infused with a drug that exercises your heart as if you were on the treadmill, depending on what your doctor has ordered for you. You will be asked to walk on a treadmill until you achieve an acceptable heart rate. Even if you receive a drug to stress your heart, it may be necessary to exercise minimally.
- 6) An injection of imaging tracer will be given through your IV while your heart is at stress.
- 7) Again, following a wait after the tracer is given, the technologist will scan your heart again
- 8) You will NOT need someone to drive you home.