



## ***STRESS TEST INSTRUCTIONS***

YOUR PHYSICIAN HAS ORDERED THE FOLLOWING STRESS TEST:

- Regular Stress Test
- Persantine Cardiolute Stress Test
- Dobutamine Cardiolute Stress Test
- 2 Day Cardiolute Stress Test - resting on \_\_\_\_\_ @ \_\_\_\_\_ hrs  
- stress on \_\_\_\_\_ @ \_\_\_\_\_ hrs
- 1 Day Cardiolute Stress Test \_\_\_\_\_ @ \_\_\_\_\_ hrs

A stress test determines whether or not the coronary arteries that feed oxygen to your heart are open or closed. Pictures of your heart are taken over the course of 1 or 2 days and compared to each other.

**REST:** This day will take approximately 1.0 hour to complete. There is no preparation. You may eat and take all your medications. You will receive an injection of Cardiolute and wait between 30-60 minutes to allow the tracer to get into place. Pictures will then be taken.

**STRESS:** A stress technician will prepare you for the test. They will apply 10 electrodes, establish an IV, take blood pressures, and take EKG readings. Dr. Aldrich or the Nurse Practitioner will be present during the test. After the exercise test is complete, pictures will be taken of your heart. The test takes approximately 1.5 hours to complete.

You will be scheduled for a follow-up visit approximately 1 week later to receive results.

### **IMPORTANT THINGS TO REMEMBER FOR THE STRESS PORTION ONLY**

1. **NO CAFFEINE OR DAIRY PRODUCTS 24 HOURS PRIOR TO TEST.** This includes decaffeinated coffee, teas, chocolate, soda or decaffeinated soda & eggs.
2. **PLEASE DO NOT TAKE ANY BETA OR CALCIUM CHANNEL BLOCKERS 48 HOURS PRIOR TO TEST.** These drugs include are listed on the back side of this paper. Check with the staff if you are unsure about your specific medications.
3. All other medications are OK to take the day of the test.
4. Do not eat 2-3 hours before the test. Diabetic patients may have a snack 2-3 hours before the test and take half their normal insulin dose.
5. Wear comfortable walking shoes and a tee shirt.

ANY QUESTIONS? Concerning medications or instructions, please call 941-359-8900.