



CARDIOLITE (SESTAMIBI) STRESS TEST PATIENT INSTRUCTIONS

Date: _____ Time: _____

1. For Females: If there is a chance you could be pregnant or are trying to become pregnant, you should **not** have Cardiolite (sestamibi) material. Therefore, you should not have the Cardiolite (sestamibi) test done. Please let the doctor's secretary know this **prior** to coming in for the test or at the time the test is to be scheduled.
2. Bring a list of all the medications you take with you to the test. Include the name and dosage amounts of each medicine. This information can be found on the prescription or bottle label. You may continue to take your medicines as you normally would unless your doctor instructs you otherwise. **Please bring your inhalers with you to the test.**
3. If you are taking the following **BETA-BLOCKERS**, please do not take them **the evening before or the morning prior to the test** unless directed by the physician. Bring the medication with you so you can take it after the test.
 - Tenormin (atenolol)
 - Levatol (penbutolol)
 - Cartrol (carteolol)
 - Visken (pindolol)
 - Corgard (nadolol)
 - Inderal (propranolol)
 - Ziac (bisoprolol)
 - Trandate (labetalol)
 - Lopressor (metoprolol)
 - Kerlone (betaxolol)
 - Sectral (acebutolol)
 - Blocadren (timolol)
 - Normodyne (labetalol)
 - Toprol (metoprolol XL)
 - Sotacor
 - Sotalol
 - Coreg (carvedilol)
 - Betapace
 - Zebeta (bisoprolol)
 - Bystolic (nebivolol)
4. **DO NOT** eat or drink anything **four (4) hours prior** to your testing time. (It is okay to drink water during the four (4) hours prior to test.) The last meal you eat prior to the test should be a low fat meal and not include any caffeine or alcoholic beverages.

For this test, certain ingredients that exist in foods and medication – even in tiny amounts – may interfere with the test. These ingredients include caffeine, theophylline, and dipyridamole.

DO NOT TAKE THE FOLLOWING 24 HOURS PRIOR TO THE TEST:

- **NO** coffee or tea that is brewed, instant, iced or decaffeinated
- **NO** colas or other soft drinks that contain caffeine, including those labeled "caffeine-free"
- **NO** chocolates, including candies, frosting, cookies, pies, cocoa, and chocolate milk
- **NO** aspirin products that contain caffeine, such as Anacin® and Excedrin®
- **NO** Persantine® (dipyridamole)
- **NO** theophylline or theophylline containing products such as Quibron®, Slo-Phyllin®, or Theo-Dur®

****BRING A SNACK FOR AFTER THE STRESS PORTION OF THE TEST; IF NOT, CRACKERS ARE AVAILABLE.**

6. **DO NOT** smoke the day of the test!
7. **DO NOT** use lotion or powder on your chest the day of the test.

8. Wear loose fitting, comfortable clothing. Pants or shorts sleeve shirts are preferred. (No long sleeves). You can bring a light jacket or sweater. Do not wear one-piece undergarments or body suits. Women are encouraged to wear bras (underwire bras are okay). Wear tennis shoes or crepe soled shoes. Please make sure there is no metal on the shirt, i.e. buttons, snaps, etc.
9. **PLEASE NOTE:** Family members are not allowed back in the cardiac stressing area due to patient privacy and exposure to unnecessary radiation.
10. Most Cardiolite (sestamibi) Stress Tests take approximately **three and a half (3 ½) hours** and can be completed in one day. Your test may be scheduled as a two-day protocol, which will require you to come in two consecutive days. You can expect to be here approximately **two (2) hours** the first day and **one and one half (1 ½) hours** the second day. **Cardiolite (sestamibi)** is a solution that is introduced into the blood stream by using an IV. Cardiolite (sestamibi) helps to evaluate the effectiveness of the blood supply to the heart.
11. Your test will be done at BVMA. Please enter via the **East Wing Entrance**.
12. We have radioactive material that we order the day prior to your test date. Advanced notice of being unable to make your appointment allows us to cancel the order. If you are unable to make your appointment, we need to know the **DAY BEFORE** your test date. If our office is closed, call 419-424-0380, extension 3118, and leave a message. If you do not follow this procedure and do not show for your test, we are entitled to charge you for the wasted doses. **It is very important that we are informed ahead of time!!!**
13. **If you do not follow the instructions accordingly (fasting four hours, NO CAFFEINE products for 24 hours prior to your test, etc.) we will have to charge you for the Thallium doses that were ordered for you. This cost is not covered by insurance and you will be financially responsible for this fee.**

Diabetic preparation:

- Hold oral medications.
- You may take NPH and Lantus insulin.
- Do NOT take Humalog or Humulin R (Regular Insulin).
- Check blood sugars prior to leaving the house.
- If able to eat breakfast prior to four (4) hours fasting, you may take all medications, including your insulin, with the exception of your **beta-blockers** as noted on the previous page.
- Do not worry if you miss your breakfast dose of insulin; start at your next meal.

The test is done in three parts:

1. Brief medical history, begin the IV line and give Cardiolite (sestamibi) solution. The Cardiolite (sestamibi) is allowed to circulate in the bloodstream for about 60 minutes., then a set of “resting” pictures are taken.
2. You will then be hooked up to the ECG monitor, run “resting” ECG strips and walk on the treadmill. Your heart activity and blood pressure are monitored. Two (2) minutes before ending the walk, more Cardiolite (sestamibi) solution is infused through the IV.
3. Lie down and rest for about six (6) minutes, the IV and ECG electrodes are removed, another set of pictures are taken in about 60 minutes. Then you are done!

If you have any further questions or concerns, please contact your BVMA physician.