

## CARDIOLITE TREADMILL STRESS TEST

Your doctor, Dr. \_\_\_\_\_ has ordered a Cardiolite™ Treadmill.

Please arrive **EARLY for your appointment** at 414 N. Camden Dr., Suite 1100 on:

Date: \_\_\_\_/\_\_\_\_/\_\_\_\_ at \_\_\_\_:\_\_\_\_ am/pm to **START AN IV** and prepare for your first scan. (If you have trouble having blood drawn, arrive 30 minutes early to allow ample time for the IV to be started.)

DO NOT EAT FOOD or drink more than small amounts of water after \_\_\_\_:\_\_\_\_ am/pm. You will be having a treadmill test and cannot exercise with food or fluids in your stomach. **Do NOT EAT FOODS OR DRINK BEVERAGES with CAFFEINE (chocolate, cocoa, all coffee, all tea, all sodas - even decaffeinated beverages have small amounts of caffeine)** for 24 hours before the appointment time.

### What is the Treadmill test for?

The treadmill test is designed to determine if you have significant blockages in your heart's arteries. You are stressed by walking on a moving treadmill with EKG monitoring to obtain information about the heart's response during an increased demand for blood supply. Cardiolite™ (or Technetium Tc 99m Sestamibi) and Thallium are materials that allow taking pictures of the heart's blood flow. Images are compared at rest and after the medication, giving information about the heart's response.

### How is the test done?

- ♥ You will be scheduled approximately 1 hour prior to your treadmill test for your IV placement and first scan. You will be injected with a small amount of a radioactive material called Thallium. There are no side effects. About 15 minutes after the injection, you will have the first scan of your heart. **This is your RESTING study! Bring reading material as you will need to wait after injections.**
- ♥ Your Treadmill test will be approximately 15 minutes after your Resting Study is completed. While you are walking on the treadmill, you will be given a second injection of a radioactive material called Cardiolite™. **This is your EXERCISE Study!**
- ♥ Your **STRESS** heart images, the second scan, will begin 15 to 60 minutes after completing your treadmill test. You will be given peanuts to eat or may bring food during this time if you like.

**Please call Cardiovascular Medical Group at (310) 278-3400**  
**at least 24 hours before the scheduled appointment if you must cancel.**

**You must call by 4pm the day before your study if canceling.**

**You will be billed for the cost of the isotope if you do not give adequate notice.**

**If you have any questions please call and ask for the Appointment Desk.**

### How do I prepare for the Treadmill test?

- ♥ Do not eat or drink anything for two (2) hours prior to your appointment time. Small amounts of water may be taken. **No caffeine 24 hours before your appointment time.**
- ♥ Please check with your physician at least three (3) days prior to the test regarding whether to continue to take your routine medications. (If you are on a Beta Blocker, i.e. Inderal or Tenormin, you will be instructed how and when to stop taking them and when to restart.)
- ♥ Wear comfortable shoes suitable for walking, preferably tennis shoes.  
**WOMEN: Heels, sandals or wedged shoes are NOT acceptable for exercise!**
- ♥ Wear or bring comfortable shorts or slacks to exercise in and for lying down for studies.
- ♥ Bring something to read or do while you are waiting between scans and tests.
- ♥ DO NOT SCHEDULE other appointments after the test as some delays may occur.