



## **EXERCISE CARDIOLITE STRESS TEST**

**\*IF YOU NEED TO CANCEL YOUR TEST FOR ANY REASON, PLEASE CALL 314-741-0911 (DIAL EXT. 4024 AND LEAVE A DETAILED MESSAGE INCLUDING YOUR NAME AND TELEPHONE NUMBER) \***

Your doctor has scheduled you for an Exercise Cardiolute Stress Test at our **Christian NorthEast Office** located at **11155 Dunn Road, Suite 304E, St. Louis, MO** on \_\_\_\_\_ at \_\_\_\_\_ am / pm.

### **DURING THE TEST YOU WILL:**

Have an IV started that will remain in place until the test is complete.

Be given 2 injections of a radiopharmaceutical through the IV.

Sit in a chair 2 separate times while a camera takes pictures of your heart.

Exercise on a treadmill for the stress portion of your test.

The entire test will take at least 2-3 hours to complete.

Your **cardiologist** has determined for this test that you **MUST**:

**TAKE ALL MORNING MEDICATIONS, except do not take beta blockers (included Ziac, Bisoprolol, Toprol, Atenolol, Bropanolol, Carvedilol, Coreg, Lopressor, Metoprolol, Tenormin) for 24 hours prior to the test.**

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### **YOU MUST:**

Wear comfortable clothes and shoes.

Please do not wear lotions, powders, cologne or perfume, but deodorant is acceptable.

You can eat breakfast and/or lunch as long as it is not greasy.

If you use inhalers for asthma or lung disease please bring them with you to the test.

**Please have no gum, candy, food, etc. in your mouth at the time of testing.**

**DO NOT HAVE CAFFEINE FOR 12 HOURS PRIOR TO THE TEST (COFFEE, TEA, SODA & CHOCOLATE) INCLUDING DECAFFEINATED.**