

CARDIOVASCULAR CONSULTANTS MEDICAL GROUP

Consultative and Interventional Cardiology

Cardiac Electrophysiology

A Partnership of Medical Corporations



Your Doctor has ordered a Nuclear Stress Test.

- Cardiolute Treadmill Stress Test
- Adenosine Stress Test
- Lexiscan Stress Test
- Dobutamine Stress Test (non-walking)

GENERAL INSTRUCTIONS: Please read this entire form as different parts pertain to you.

1. Regarding what to wear:

- ◆ Wear comfortable clothes that you can walk and lay on an exam table in. Ladies, please do not wear a one-piece dress.
- ◆ Wear shoes that you can walk safely on a treadmill in, such as tennis shoes (N/A for Dobutamine).

2. Medications:

- ◆ Bring a list of your medications with you to the test.
- ◆ If you have diabetes and take insulin injections or oral medication, take half your normal dose the morning of the test or check with your doctor who handles your diabetes about your medication dosage on the day of the test. (N/A if Dobutamine)
- ◆ If you are scheduled for an **Adenosine or Lexiscan** stress test, please take all of your medications as usual except Aggrenox, persantine (dipyridamole) hold for 48 hours and theophylline hold for 24 hours..
- ◆ If you use inhalers, have asthma or wheezing problems please let the staff know.
- ◆ If you are having a **Cardiolute Treadmill** or a **Dobutamine** test and are taking certain medications called **beta-blockers or calcium channel blockers, such as Atenolol, Tenormin, Lopressor, verapamil etc. SEE LIST ON BACK. Check with the Doctor who ordered the test and ask if you should stop taking only this medication for one or two days before the test.**
Stop _____: ____ yes ____ no. Take all other medications as usual.

3. Instructions regarding food:

- ◆ Do not eat for three (3) hours prior to the test. **If your test is in the afternoon** you may have a light meal early in the morning.
- ◆ **DO NOT** have **CAFFEINE** in any form for **24 hours before any nuclear test.** This is especially important if you are scheduled for an **Adenosine or Lexiscan** test. You must avoid foods, such as chocolate which contain caffeine. Do not drink caffeinated or decaffeinated beverages such as soda's (Coke, Pepsi, Mountain Dew), coffee or tea. No Excedrin or other over the counter medications which contain caffeine. Caffeine inactivates the adenosine/lexiscan and the test will have to be cancelled.
- ◆ Mid-way through the test you will need to eat something. Please bring a snack.

4. Allow 3 to 4 hours for this test.

5. You will have an intravenous (I.V.) line placed so we can inject the isotope before and during the test.

6. Your test results will be reviewed by our cardiologist and reported to your physician. Your physician will discuss the results with you and explain how the results relate to your health.

(over please)