

EXERCISE CARDIOLITE STRESS TEST INSTRUCTIONS

Please note there are 2 parts to An Exercise cardiolute stress test: A RESTING scan and the STRESS portion. These tests may be done on two different days if you are >300lbs .

NOTE: On the first day you come in please stop at the registration desk.

On the day of the **Resting** scan:

- Do not eat or drink anything for 4 hours before your test. You may have water only, but no coffee, pop, tea, juice, or chocolate.
- After registration you will be directed to the Radiology/Cardiac Service dept on the ground floor.
- An IV will be started

On the day of the **Stress** portion:

- Do not eat or drink anything for 4 hours before your test. You may have water only, but no coffee, pop, tea, juice, or chocolate.
- Absolutely NO caffeine, including chocolate, for 24 hours prior to the testing
- No smoking 4 hours before the test
- If you are taking insulin, take half your insulin and you may eat 4 hours prior to your test.
- Do not take medication containing Theophylline for 48 hours before the test. These medications are used to treat breathing problems. Please ask your Dr. if you are unsure.
- Do not take Viagra, Levitra, Cialis, or any sex enhancing drugs 48 hours prior to your test.
- If you have questions about your medication please contact your physician.
- Please bring a list of your medications, including dosages, with you when you come in for the test.
- You may bathe before your test, but make sure you do this at least 2 hours before you come in
- Please wear loose, comfortable clothing and good walking shoes. NO flip flops

****Note**** If you have ever been diagnosed as having asthma or seizures, please remind your doctor before you have this test

Your test is scheduled for:

Resting Scan	Stress test
DATE	DATE
TIME	TIME

If you have questions about your test, please call the Cardiac Services Dept

419-332-7321 ex 323170