



NAME _____ PHYSICIAN _____

TEST DATE #1 _____ APPOINTMENT TIME: _____

TEST DATE #2 _____ APPOINTMENT TIME: _____

2 DAY CARDIOLITE STRESS TEST: PATIENT INSTRUCTIONS

Please report to Grand River Cardiology at 1000 East Paris, SE, Suite 200 at the appointment time written above.

Your physician has requested that you have a treadmill or a pharmacologic sestamibi stress test. In order to insure the best quality images, your test will be done on two separate days. You will need to plan on the test taking two (2) hours each day. The following instructions apply for both dates:

1. **DO NOT EAT DRINK OR SMOKE FOUR (4) HOURS PRIOR TO YOUR TEST.** Refrain from all foods, beverages and medications that contain caffeine for 24 hours prior to your test. Some common products that contain caffeine include:
 - a. Chocolate
 - b. Soda
 - c. Decaffeinated coffee and tea
 - d. Caffeinated coffee and tea
 - e. Iced tea
 - f. Hot chocolate
 - g. Some cold relief medications
2. If you are a *Diabetic* and take insulin or a medication to control your blood sugar, please call (616) 949-8554 for instructions.
 1. Sestamibi testing takes approximately two hours each day to complete. You will need to remain in the office during this time.
 2. CONTINUE TAKING ALL MEDICATIONS UNLESS INSTRUCTED OTHERWISE BY NURSE OR PHYSICIAN (These may be taken with water).
 3. Please bring a current list of medications, including milligrams (MG) and frequency.
 4. If you must cancel your test, please call the office at (616)949-8554 at least 24 hours in advance.

Please report to the above location at your appointed time. It may become necessary to reschedule your test if delays occur due to patient tardiness or unforeseen circumstances in the office. If you have any questions about the above instructions, please contact our office at (616)949-8554.