



## Cardiolite Stress Test Patient Instructions

Name: \_\_\_\_\_

Test Date: \_\_\_\_\_

Physician: \_\_\_\_\_

Arrival Time: \_\_\_\_\_

**Treadmill**

**Dipyridamole**

**Adenosine**

**Dobutamine**

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

- 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:
  - Chocolate
  - Soda
  - Decaffeinated coffee and teas
  - Caffeinated coffee and tea
  - Iced tea
  - Hot chocolate
  - Some cold relief medications
- If you are a *Diabetic* and take insulin or a medication to control your blood sugar, please call (616) 949-8554 for instructions.
- Cardiolite testing takes approximately four (4) hours to complete. You will need to remain in the office during this time.
- Take all of your usual medications with sips of water. Exceptions: \_\_\_\_\_  
\_\_\_\_\_
- Please bring a current list of medications, including dosage and frequency.
- Please wear comfortable clothing and shoes and avoid wearing any clothing with metal.

After registering, an intravenous line will be inserted into a vein in your arm or hand and a tracer (Cardiolite) will be injected. One hour later you will have your first imaging scan done. This consists of lying flat under the camera for about 20 minutes. Next, your heart will be stressed, either using the treadmill OR a medication. After your heart is stressed there will be another waiting period and a second set of images will be obtained.

If you must cancel or reschedule your test, PLEASE call our office at (616) 949-8554 at least **24 HOURS** in advance.

If you have any questions about the above instructions, please contact our office at (616)949-8554.