



Patient Information Sheet

Nuclear Cardiac Pharmacologic Stress Testing With Adenosine

Your physician has ordered a nuclear cardiac pharmacologic stress test. This test may be performed for many reasons. Some of these may include: evaluation of symptoms (chest pain or discomfort, shortness of breath, arm or jaw pain) or monitoring the status of a known heart condition. The nuclear stress test involves taking pictures of your heart so your physician is able to view your heart's response to exercise. The results will assist your physician in managing your cardiac condition.

Your physician has determined that you would not be able to perform a normal exercise test well enough to stress your heart adequately. As a result, a pharmacologic or medicated stress test must be performed, using a drug called Adenosine to stress the heart. In addition to receiving the Adenosine, if you are able, you will also perform a very low level of exercise. Adenosine is a short acting drug, which has a predominant effect of dilating the blood vessels, simulating exercise or stress of the heart muscle. Adenosine can produce some side effects, the most common of which are facial flushing and headache, both usually lasting only a few minutes. Some people may experience chest discomfort or shortness of breath, also only lasting a few minutes.

If you have an active asthma condition or significant lung disease, this medication can cause wheezing and may not be an appropriate drug for you. Please let us know if you are taking any medication used for lung conditions or disease.

Preparation for the test:

Please follow the instructions below so your test is not rescheduled:

- Please let us know if you are taking a **theophylline** containing medication such as **Theodur**, used for lung conditions.
- Please let us know if you are taking any of the following medications:
Persantine, Tegretol, Trental, Aggrenox or Pletal.
These medications will interfere with the test and must not be taken for at least 24 hours (48 hours in the case of Aggrenox).
- No caffeine or nicotine 24 hours before your test. (This includes coffee, tea, colas, and chocolate. Certain "over the counter" medications such as Excedrin contain caffeine – please check the label for ingredients)
- No food for 2 hours before the test.
- You may have water, juice or milk at any time, these are not restricted.
- You may take your medications (other than those listed above) as directed with water unless otherwise instructed.

- Please dress in comfortable shoes & clothing (Ladies may want to wear a front-buttoning, short sleeve shirt.
- Please do not apply lotion to your chest prior to the test.

The Procedure

Please allow 2-2 ½ hours for your test.

- An intravenous (IV) line will be inserted into your hand or arm & will be removed after the procedure; the IV line is used to inject a small amount of radioactive material, which allows us to view your heart with a nuclear scanning camera. THE RADIOACTIVE MATERIALS USED IS TECHNETIUM-TETROFOSMIN. This is initially done in a resting condition. You will have a 15-minute wait before the first pictures are taken.
- The initial pictures will be performed on an imaging table with the camera positioned close to your chest. This will take approximately 15-30 minutes. When these are completed, you will be prepped for the exercise portion of your test.
- 10 EKG patches will be applied to your chest. These patches will be connected to a computer, which will continuously record your heart rhythm.
- Baseline EKG tracings will be done prior to the stress test.
- Adenosine will be infused by vein over a four-minute period of time. During this time you will also be asked to also perform a very low level exercise. Halfway through the infusion of Adenosine, you will receive a second small amount of radioactive tracer to allow pictures of the heart to be taken to see the blood flow to your heart muscle after it has been stressed. Your blood pressure will be taken periodically throughout the test.
- A Nurse will be with you for the entire test to monitor your heart rhythm, keep you informed of your progress and provide encouragement for you.
- If you experience any unusual symptoms such as chest pain, arm pain or lightheadedness, tell the staff immediately.
- Approximately 30-60 minutes after the end of the stress test, you will be asked to lie flat on the imaging table with a camera positioned close to your chest.
- The camera will again take pictures for approximately 15-30 minutes.
- When the 2nd set of pictures is completed, your test will be complete and you will be able to leave.

Results

A cardiologist interprets the results of your test. Following your procedure the test results will not be immediately available. Your referring physician or family doctor will receive a written report approximately three days later.

Cancellation Policy

Please note: a 48 hour notice of cancellation is requested.