



CARDIOLITE TESTING

(Treadmill, Adenosine, or Dobutamine)

Please Read Carefully

Due to the high cost of this exam, please call The Heart and Wellness Institute 24 hours before your scheduled test if you are unable to attend. Failure to do so (unless under extenuating circumstances) will result in a \$180.40 charge on your account to cover the cost of the tracer. Thank you for understanding.

Failure to follow the instructions in this pamphlet may result in the cancellation of your exam.

Total Exam Time = 4 hours

The Heart and Wellness Institute
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*We thank you for allowing us to participate in your healthcare needs
and look forward to caring for you!*

APPOINTMENT:

Date & Time:

Register at the front desk 15 minutes prior to your appointment.

HOME PREPARATION:

- ♥ Do **NOT** eat or drink anything except water for 4 hours prior to your appointment.
- ♥ Do **NOT** have any caffeine for 48 hours prior to your exam.
 - **NO** regular or decaffeinated coffee or tea
 - **NO** chocolate or cocoa in any form
 - **NO** soft drinks
 - **NO** cold medications
 - **NO** medications with caffeine. Phone your pharmacist to check the caffeine content of your medication
- ♥ Do **NOT** wear any lotion, perfume, or powder.
- ♥ If you are a diabetic call The Heart and Wellness Institute for special instructions.
- ♥ **Stop** taking your beta blockers or calcium channel blockers the day before your test, unless otherwise instructed by your physician
- ♥ Please wear flat comfortable shoes which will remain firmly on your feet as you may be walking on the treadmill.
- ♥ If you are taking any medications please bring them with you.
- ♥ Bring warm clothing and reading material if desired.

THE CARDIOLITE TEST:

Cardiolite is a radioactive tracer which concentrates in the heart muscle allowing images of the blood flow to be taken. It has no known side effects and will not make you sick.

- ♥ The test begins with an intravenous line started in your arm or hand.
- ♥ The Cardiolite will be injected through the intravenous line.
- ♥ You will be required to wait 45-50 minutes while the Cardiolite is taken up by your heart muscle.
- ♥ Your first set of pictures will take about 15 minutes. The pictures taken by the camera will show the blood flow to your heart muscle.
- ♥ After that you will go into the stress lab.
- ♥ After the stress lab and your second Cardiolite injection, you will go back to the nuclear imaging camera where the last set of pictures will be taken. These pictures will take 15-25 minutes.
- ♥ After this Dr. Manohar will read and interpret your study (which takes approximately 30 minutes) and she will go over the results of your test with you before you leave and answer any questions you may have.
- ♥ A report of your test will be generated and sent to your family physician and/or your surgeon.

TOTAL EXAM TIME = 4 hours

Note: The timing for the procedure explained above is only a guide. Please allow for delays in this schedule.

You may resume your regular diet after your exam unless instructed otherwise.

Please call The Heart and Wellness Institute if you have any more questions