

ISLAND CARDIOVASCULAR ASSOCIATES, LLP

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TEST INSTRUCTIONS

CARDIOLITE STRESS TEST:

(EXERCISE, LEXISCAN, ADENOSINE, DOBUTAMINE or PERSANTINE)

*****THIS STRESS TEST MUST BE VERBALLY CONFIRMED PRIOR TO TEST*****

- We will contact you prior to the test. If a message is left, you need to call back and confirm the appointment by 3 PM of the day prior to the test. **Without confirmation the appropriate isotope will not be ordered and the test will have to be rescheduled.**
- 24 hours prior to the test do not consume any CAFFEINE**, this includes all caffeinated and decaffeinated products. **NO** coffee, tea, soda, ice tea, chocolate milk or chocolate. **NO** Fioricet or Excedrin.
- No food 3 hours prior to the test**, but you may have as much water as you like. **Bring** a container of juice and a snack such as a sandwich, crackers or fruit. You will be able to eat following administration of the Cardiolite and prior to your scan.
- Take all your medications as usual, unless** otherwise indicated by the doctor at your last visit.
- Bring all your medications** with you. If you use an **inhaler**, please bring it with you.
- Wear comfortable clothing and sneakers or walking shoes.** **NO** sandals or flip flops. **NO** underwire bras or metals (metal buttons, safety pins, etc) are to be worn around the chest area since this will interfere with imaging.
- Waiting is part of the test; please bring something to occupy your time

STRESS ECHOCARDIOGRAM, EXERCISE STRESS TEST:

(TREADMILL or DOBUTAMINE)

- No food 3 hours prior to the test**, but you may have as much water as you like.
- Wear comfortable clothing and sneakers or walking shoes.** **NO** sandals or flip flops
- Take all medications as usual, unless** otherwise indicated by the doctor at your last visit.

NAME _____ DATE _____ TIME _____ am/pm