



Central Ohio Primary Care Cardiac Testing

Stress Cardiolite

What is a Stress Cardiolite test?

A Stress Cardiolite test determines whether your heart is getting enough blood flow. To perform the test, we will inject a small amount of Cardiolite into your blood through an IV, and a special camera will then be used to take pictures of your heart. We will give you one resting dose of Cardiolite and a second dose while you are walking on the treadmill. Cardiolite is a radioactive tracer, but it will not give you any side effects.

How should I prepare for the procedure?

You should not have any caffeine (see list on back of map) for 24 hours prior to the test, including decaf, chocolate and cola. You should not eat anything after midnight, but you can bring a snack with you. You may drink water after midnight and in the morning. You should not smoke after midnight. If you take any heart or blood pressure medication at night, you should not take the dose the night before the test. All medications should be held the morning of the test. Please bring a list of your medications and the order form from your physician. You should wear comfortable clothes and walking shoes for the treadmill. You will be here for 4-5 hours, and you may want to bring something to read since you will be in the waiting room part of the time. If you need to cancel or reschedule your appointment, we need to know 24 hours in advance or we will have to charge you \$125 to cover the cost of the Cardiolite.

If you have diabetes and take insulin or other oral medication, please check with your physician to see if you need to adjust your medication while you are not eating.

Any woman who is pregnant or breastfeeding should inform her physician before scheduling this test.

How is the procedure performed?

When you arrive, you will be interviewed for your medical history. We will place electrodes on your chest for the ECG and we will start an IV so that we can give you the first dose of Cardiolite. We have to allow the Cardiolite to circulate for a minimum of an hour before we take the first set of pictures under the camera. You will lie on your back under the nuclear camera. Each set of pictures takes approximately 15 minutes and you will have your arms over your head while the camera rotates around your chest. After your first set of pictures, you will have another break until it is time for you to walk on the treadmill. You will walk on the treadmill for approximately 6-12 minutes until we reach your target heart rate to make the test valid. The speed and incline of the treadmill will increase every 3 minutes. When you think that you will only be able to walk for 1 more minute, we will inject a second dose of Cardiolite. After you walk on the treadmill,

you will have another break during which you can eat and take your medication. The second set of images will follow.

What are my instructions after the exam?

The Cardiolite will be excreted through human waste, and will be out of your body completely 2 ½ days after your appointment. In case you will be traveling after your stress test, you can request a card, which states that you have been injected with a radioactive material.

You can eat and take any medication that you normally would.

If you are breastfeeding, you should wait for 72 hours after the test to resume breastfeeding.

If you are going to have a bone density test, you must wait for 2 weeks after the stress test.

When do I get the results?

The cardiologist will read the nuclear scans the day of your test.

If the results of the test are abnormal, your physician will be notified within 24 hours and will contact you. If the results are normal your physician will receive a written report, and you should hear from your physician within 5-7 days.

What do I do if I have other questions?

If you have any other questions before or after your appointment, please call cardiac testing at 326-2700.

Your appointment is on:

_____ @ _____ @ the _____ location.

COPC Cardiac Testing
4885 Olentangy River Rd.
Suite 130
(614) 326-2700
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Westerville Cardiac Testing
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