Drug-Induced Stress Testing

Persantine • Dobutamine • Adenosine • Regadenoson

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<td>Day</td>
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Arrive: 15 30 45 60 minutes before your appointment. Go to: ____________________________.

About your appointment

Hospitals usually perform stress tests in one-day. Clinics usually perform the stress test in two-days.

• If you will be late or are not able to keep this appointment, please call us. The exercise and imaging session take approximately 2 hours. The resting imaging session takes approximately 1½ hours.

• If you currently are breastfeeding or think you might be pregnant, tell your physician before scheduling this exam.

• Please be sure to arrange care for your children during your test (we do not provide this service).

• Check with your insurance company about coverage. If they need an OK from your doctor or have other questions, call your doctor’s office.

About stress testing

This diagnostic test measures the blood supply to your heart muscle in two parts, during stress and while you are resting. This will be done using a radioisotope (or tracer).

Why this test is done

A drug-induced (pharmacological) stress test is done depending on your medical history and physical ability. In this test, medication is used to simulate exercise. This test is an alternative for persons who are unable to exercise to adequate levels on a treadmill to:

• Detect heart disease or possible heart damage

• Evaluate symptoms, such as chest pain or chest discomfort

• Evaluate your heart rhythms

• Determine the status of someone who has had a heart attack or heart surgery in the past

• Evaluate before surgery

The scan is safe

You should know that nuclear medicine scans generally are safe. The tracers that are given have a small amount of radioactive material. The scanning camera itself does not produce any radiation, so if a number of pictures are taken, you are not exposed to more radiation. There are no side effects from the tracers used for the scan.

Continued
Preparing for the test

- Some medicine may change your heart’s response to exercise. **Check with your doctor** about your medications and inhalers prior to the test.

- **Do not eat for 4 hours** before your test. You may continue to drink fluids. If you have diabetes and need to eat within 2 hours of your test, keep your meal as light as possible.

- **Do not use chew, smoke or use nicotine at least 12 hours before your** test.

- **Do not eat or drink anything with any caffeine 24 hour before your test.** Caffeine can cause erratic heart rhythms. **Some examples are chocolate, coffee, tea and soda, even if they are “decaf.”**

- Avoid Excedrin, No-Doz, Anacin or other caffeine-containing pills, such as diet pills.
- Do not use Viagra, Cialis or Levitra for 24 hours prior to the test.
- Dress in comfortable walking shoes and clothes. Do not wear one-piece undergarments, please.
- If you plan on flying within 3 days of this test, please inform the staff.

Special instructions for Persantine, Dobutamine, Adenosine or Regadenoson test

If you are taking any medications for or have a history of lung disease or asthma, please discuss this with your physician at least 3 days before your test.

What to expect the day of your test

For the exercise part, the procedure is explained to you. Your skin is cleansed, rubbed slightly and small patches will be placed on your chest so that your heart rhythm can be monitored. An IV (in the vein) is inserted. Some medicine is injected and then followed by a small amount of tracer. Some low-level exercise may be done while the medicine is being injected.

After a certain period of time after the tracer injection, images of your heart are taken. You will lie on your back with your left arm above your head. A special camera circles around your chest for 30 minutes.

For the resting scan, you will receive another injection of the tracer. About 45 minutes after this, images of your heart are taken.

Getting your results

A doctor specialized in reading this test will evaluate the images. They will discuss them with your doctor. Your doctor will discuss your results with you – be sure to bring up any questions and concerns you have.