



GATEWAY CARDIOLOGY, P.C.

EXERCISE CARDIOLITE INSTRUCTIONS

You are scheduled to have a special test on your heart called a Nuclear Exercise Cardiolite exam performed in our office on _____ at _____ AM/PM.

We realize that you may have some questions regarding this procedure and have created this pamphlet to help answer these questions. Below is a list of frequently asked questions and answers to assist you:

Are there any preparations prior to the exam?

Yes, here is a list.

1. Nothing to eat for at least 4 hours prior to the exam.
2. You may drink water right up to the time of your appointment, BUT No caffeine or anything decaffeinated for 24 hours prior to the exam (no coffee, tea, soda, or chocolate).
3. If you smoke, please refrain for at least 2 hours prior to the test.
4. If you have lung problems such as asthma, emphysema, or COPD, or a history of glaucoma, please let the technician know prior to the test.
5. Take all of your medications* prior to the exam with water, unless otherwise instructed by your physician.
6. Bring a list of your current medications with you.
7. Wear comfortable clothing and shoes for walking.
8. No Theophylline or related medicine for 24 hours prior to the procedure.

*NOTE: The following medicines should be stopped for 72 hours prior to the Cardiolite exam: These include Primatene, Brethine, Uniphyl, Slo-BID, Theo-X, Lufyllin, Theo-Dur, Persantine.

How long does the test take?

The test usually takes about 3 to 4 ½ hours.

What does the test involve?

The test involves taking pictures of the heart before AND after a stress test is performed. The pictures are taken by a special camera that detects radioactivity. An IV will be paced in your arm or hand and a small amount of radioactive material will be injected into your blood stream. This allows the camera to get the pictures of your heart. This material will not make you feel any different at all. It simply allows us to see your heart with the camera. The pictures take 25-30 minutes each.

What does the stress test involve?

The stress test involves walking on a treadmill in order to increase your heart rate. The treadmill starts at a relatively slow speed (1.7 MPH) and at a slight incline. Every 3 minutes speed and incline increases causing you to work harder and your heart rate to increase. We will be monitoring your blood pressure and electrocardiogram while you are walking and the Cardiologist will be present during your stress test. If you are unable to walk for any reason, please contact our office at 314-729-0088.

Any questions?

If you have further questions, please contact our office at 314-729-0088. We will call you with the results usually within 1-2 working days. We will also advise you at this time if you need to be scheduled for further testing or for a follow-up visit.

Where are we located?

10004 Kennerly Road, Suite 185, located on the 1st floor of Medical Building B on the Mercy South, f/k/a St. Anthony's Medical Center, campus.

DIRECTIONS: Travel Highway 270 to Tesson Ferry Road. Travel West on Tesson Ferry for approximately 1/2 mile. Turn right on Kennerly Road, then left at the first stoplight into the entrance of the hospital campus. If you are facing the front of the hospital, the building will be to the far left.

What should I do if I am unable to keep the appointment?

We realize that there are times and instances where you may not be able to keep this appointment and because of the costs of performing this test, it is imperative that you call us 48 hours before your scheduled time to cancel and/or reschedule. If you fail to call us 48 hours prior to your scheduled test, you can be charged up to \$200.00 for the nuclear medicine that will need to be ordered specifically for you. If no call is made to us or if you do not show for your appointment, **you will be charged** up to \$200.00 for the test.