



## **GATEWAY CARDIOLOGY, P.C.**

### **NUCLEAR ADENOSINE CARDIOLITE EXAM INSTRUCTIONS AND INFORMATION**

You are scheduled to have a special test on your heart called a Nuclear Adenosine Cardiolute exam (also known as an Adenosine Thallium or Persantine Thallium) performed in our office.

APPOINTMENT DATE: \_\_\_\_\_

LOCATION: \_\_\_\_\_

#### **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 cost of performing this test, it is imperative that you call us 48 hours prior to your scheduled test. There is a \$200 charge for missed non-cancelled tests.

#### **Where are we located?**

St. Anthony's Medical Center – Heart & Ambulatory Services Center 10012 Kennerly Road, Suite 301, St. Louis MO 63128. HWY 270 & Tesson Ferry Road. South on Tesson Ferry for one mile. Right on Southfork Road. Right onto the hospital grounds. The Heart & Ambulatory wing is at the intersection of the parking garage and the hospital building on the south side of the hospital complex.

#### **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 placed 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 and 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?**

An Adenosine stress test is performed for patients who are unable to walk on a treadmill. This test involves injecting a medication called Adenosine into an IV. This medicine places a stress on your heart just as if you were up walking. There are side effects from this medicine such as shortness of breath, chest pain, headache, and nausea. However, this medicine is infused over 4 minutes and when the infusion is complete, the side effects go away very rapidly (within 2-5 minutes). The Cardiologist will be present during the infusion and will stop the test if there are changes with you or the electrocardiogram that put you at risk.

#### **How long does the test take?**

The test takes about 3 to 4 ½ hours.

#### **Are there any preparations prior to the exam?**

1. Nothing to eat or drink for at least 4 hours prior to the exam.
2. Take all of your medications\* prior to the exam with water.
3. Wear comfortable clothing and shoes for walking.
4. Bring a list of your current medications with you.
5. No caffeine for 24 hours prior to the exam (no coffee, tea, soda).
6. No Theophylline or related medicine for 24 hours prior to procedure.

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

#### **When will I get the results?**

We will call you with the results usually within 1-2 working days. We will also let you know at this time if you need to be scheduled for further testing or for a follow-up visit.

#### **Any Further Questions?**

If you have further questions, please contact our office at (314) 729-0088