



1-Day Cardiolute Treadmill Stress Test

To Schedule: (319) 861-7778

Questions about procedure: (319) 221-8500

What is a Cardiolute Treadmill Stress Test?

A Cardiolute treadmill stress test is an exercise test that is helpful in detecting the presence of coronary artery disease. Coronary artery disease occurs when the heart's vessels become partially blocked or narrowed by the build-up of fatty materials preventing the heart from receiving the blood it needs to function properly. There are three parts to this stress test and it usually involves two different days.

Why should I have a Cardiolute Stress Test?

The test allows the doctor to compare the amount of blood flowing through the heart muscle during stress and at rest. The test results help the doctor plan your treatment and any other tests that are needed.

Preparation:

Please review with your doctor or your doctor's nurse.

- You may have a light meal then do not eat or drink for two hours before your test.
- Don't have any caffeine 24 hours before the test. This includes coffee, regular **and** decaffeinated, tea, chocolate, **all** cola drinks, soft drinks containing caffeine and over-the-counter pain relievers containing caffeine (Anacin, Excedrin).
- Wear comfortable clothing and shoes.
- Do not smoke or use nicotine patch for 4 hours before the test.
- You will need to stop taking Beta Blocker medications 24 hours before the test. Check with your doctor to see if you are taking any of these medications.
- Bring a list of your current medication to the procedure.
- Please bring photo ID.

Procedure:

Part One: You will report to the Nuclear Medicine section of the X-Ray Department. An intravenous (IV) line is started in your arm. A small amount of radioactive material, Cardiolite, is given through the IV. This material travels to your heart to make imaging of the heart possible. You will then be directed to the cafeteria to drink and eat a light meal. After one hour you will be asked to rest on your back, usually with your arms comfortably extended above your head. For the next 20 minutes a special camera takes images of the blood flow to your heart. The camera doesn't come in contact with you, cause discomfort, or emit radiation. The Cardiolite is cleared from your body through its natural processes.

After this part of the test you will be taken to the Non-Invasive Cardiology department.

Part Two: You'll be asked to undress from the waist up and put on a hospital gown. Small pads (electrodes) are placed on your chest to record your heartbeat. Your blood pressure will also be monitored. IV fluids are attached to the site in your arm. Next you will meet and talk with the doctor who will interpret your test results. You then begin walking at a slow rate and slight slant on the treadmill. Every three minutes, the treadmill rate and the slant of the treadmill will increase. The time spent walking on the treadmill is different for everyone depending on his or her age and ability to exercise. Average time is 6-9 minutes. When the doctor feels you have reached your peak exercise capacity a small amount of Cardiolite is given through the IV. You then need to walk one more minute. After the doctor has told you to stop you will rest until your heart rate and blood pressure have returned to pre-exercise rates.

You then return to the Nuclear Medicine Department for the final imaging portion of the test takes place. Both sets of images are then compared and the results are sent to your doctor.

Plan to allow 4-4 ½ hours from arrival to the time you leave.

Outpatient Registration:

Park in the Mercy parking ramp, located at the corner of 8th Avenue and 8th Street SE. Enter the hospital at the South Entrance, Ground Level. Proceed to the Radiology department on ground floor and they will direct you to nuclear medicine.

Your appointment date and time: