2-Day Cardiolite Treadmill Stress Test

To Schedule: (319) 861-7778

Questions about procedure: (319) 221-8500

What is a Cardiolite Treadmill Stress Test?

A Cardiolite 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 Cardiolite 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 nothing to eat or drink for 2 hours before the test. (Both days)

- Don't have any caffeine 24 hours before the stress part of your test, usually the second day. 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.

- You will need to stop taking Beta Blocker medications 24 hours **before day two of 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 a photo ID.

Procedure:

Day One: You will report to the Nuclear Medicine section of the X-Ray Department. You'll be asked to undress from the waist up and put on a hospital gown. 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. After waiting for 30 minutes 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.

Plan to allow 1-2 hours from arrival to the time you can leave.

Day Two: The second part of the test takes place in the Non-Invasive Cardiology Department. 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. An IV line is started in your arm. Next you will meet and talk with the doctor who will supervise 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. The 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 imaging portion of the test. The images from day one and day two are then compared and the results are sent to your doctor.

Plan to allow 2-3 hours from arrival to the time you can 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. On Day one you will proceed to the Radiology department on ground floor and they will direct you to nuclear medicine. On day two you will proceed to the Non-Invasive Cardiology department on the ground floor.

Your appointment date and time Day One:
Your appointment date and time Day Two: