

Kirkpatrick Family Care

Patient Name: _____ Exam Date _____ Time: _____

Examination to be performed: [] Treadmill [] Adenosine [] Persantine [] Dobutamine

You are scheduled for a Cardiac Stress test with Perfusion Imaging at our office on the date and time indicated above. Various drugs and supplies have been ordered for your specific test.

If you are unable to keep this appointment, you must notify our office by noon of the day prior to your test.

The drugs and supplies are very expensive and cannot be used for other patients. If you do not follow the cancellation policy, you may be billed for the cost of these supplies and drugs. These costs are not covered by your insurance plan if you do not complete your test. Please arrive at the office reception desk 15 minutes prior to your appointment time to register. Please bring your insurance cards and/or your necessary forms.

PRE-TEST INSTRUCTIONS

DO NOT EAT OR DRINK for at least 2 hours before the test.

NO SMOKING after midnight the night prior to the test being performed.

DO NOT HAVE ANY CAFFINE FOR 24 HOURS PRIOR TO THE TEST.

THIS INCLUDES DECAFFINATED DRINKS AS THEY DO CONTAIN SOME CAFFEINE.

DO NOT take any medications the morning of your test unless the physician advises you otherwise. This includes all beta blockers.

If you have any known allergies or you are diabetic, do not take your insulin and inform the receptionist and the technologist of your condition. Please dress casually, such as loose fitting slacks or shorts, a shirt or blouse with buttons in the front, sneakers or walking shoes. Women, please be sure to wear a wireless bra.

Please inform the technologist if you think you may be pregnant.

THE PROCEDURE

This form of imaging identifies areas of reduced blood flow associated with coronary artery disease and other abnormalities.

1. When you arrive, a brief history will be taken. After the history is completed, an IV will be started in your arm and a radioactive isotope will be injected through the IV.
2. You may be asked to sit in the waiting area for up to 45 minutes to allow the isotope (also called the tracer) to circulate. After the circulation time, you will be placed on the camera and images (called the rest scan) will be taken. These pictures take up to 30 minutes.
3. For the next portion of the study, a technician will attach electrodes to your chest. They will be connected to an EKG machine, which monitors your heart rate and rhythm. If you are unable to walk on a treadmill, medication will be given intravenously over a period of time instead of walking. If you are able, you will walk on a treadmill. The exercise level will be increased at periodic intervals. If you should become fatigued or experience any discomfort during the test, please inform the clinician who will be present throughout the stress test. The exercise portion of the exam will be discontinued upon your achievement of an optimal heart rate based on your age.
4. At the achievement of your peak exercise capacity, or at the completion of the medication infusion, you will receive the second injection of the isotope.
5. Immediately following, you will receive a break in which to take your medications, have a light lunch and decaffeinated beverages. Circulation time varies with each patient but can be up to one hour.
6. After an appropriate circulation time, you will be placed again on the camera and a second set of images will be taken. These images can take up to 25 minutes. Your IV will be removed and you are free to go. The doctor's office will schedule a follow up exam to go over the results.

REMEMBER - PREPARATION PRIOR TO PROCEDURE:

- 1) **Do not** smoke, drink regular or decaffeinated coffee/tea/sodas or caffeinated beverages for (24) hours prior to the procedure. **Do not** eat chocolate for (24) hours prior to the procedure.
- 2) **Bring** a light snack (sandwich, beverage, anything you desire).
- 3) If you are **diabetic on insulin or oral hypoglycemic medications**, contact your physician for special dietary instructions.
- 4) Wear loose fitting slacks or shorts, a skirt or blouse with buttons in front, sneakers or walking shoes.
 - ❖ **THE TEST WILL TAKE APPROXIMATELY 4 HOURS.**
 - ❖ **IF YOU HAVE ANY QUESTIONS, PLEASE CALL OUR OFFICE – (360) 423-9580**