



**Michigan CardioVascular
Institute**

PLEASE REVIEW THESE INSTRUCTIONS 2 DAYS PRIOR TO YOUR TEST. CALL THE MCVI OFFICE WHERE YOUR TEST IS SCHEDULED IF YOU HAVE ANY QUESTIONS.

The Nuclear Medicine test is scheduled at _____ on
_____ time _____.

IMPORTANT

**PERSANTINE/ADENOSINE AND TREADMILL CARDIOLITE
STRESS TEST PREPARATION**

- 1. DO NOT HAVE CAFFEINE, DECAFFEINATED BEVERAGES, CHOCOLATE, OR TEA FOR 12 HOURS BEFORE TEST.**
- 2. IF YOU TAKE ANY OF THE MEDICATIONS LISTED ON THE ATTACHED MEDICATION SHEET, PLEASE DO NOT TAKE THESE MEDICATIONS THE DAY BEFORE AND THE DAY OF YOUR TEST, UNLESS OTHERWISE NOTED.**
- 3. DO NOT USE TOBACCO OR ALCOHOL PRODUCTS FOR 12 HOURS BEFORE TEST. THIS INCLUDES NICOTINE GUM AND PATCHES.**
- 4. DO NOT EAT OR DRINK FOR TWO (2) HOURS BEFORE YOUR TEST.**
- 5. If you are diabetic, ask your doctor's office for special instructions. If you are currently on insulin, please bring your insulin with you.**
6. Wear comfortable loose-fitting clothing, such as slacks or walking shorts (no one-piece items such as jumpsuits or dresses). Please do not wear any metal (buttons or items) on the chest area.
7. Do not apply lotions or powder to the chest area.
8. Please allow four (4) hours for completion of the stress test. This includes preparation time and post-test monitoring.
9. Please read and follow the attached medication sheet and bring a list of your current medications, including dosages.
10. Please inform the medical personnel of any recent illnesses, back problems, or chest discomfort, etc.
11. In order to ensure you are scheduled for the correct camera and an accurate test; please notify the office if your weight exceeds 270 pounds.
12. If allergic to Latex products (latex gloves, balloons) please notify a MCVI scheduler.

Patients not showing up for their test without 24 hour notice (or just cause) will be billed for the cost of the isotope.

The results of the test will be available in approximately 10 days.

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THESE MEDICATIONS BEFORE YOUR TEST

FOR 2 DAYS

(1 day before & day of test)

Acebutol--generic for
Sectral capsules
Adalat-generic for Procardia
Amlodipine
Atenolol-generic for
Tenormin/Tenoretic
Benzylamide & Nadolol
-combination products for Corzide
Betaxolol-generic for Kerlone
Betaloc
Betazolol
Bisoprolol
Blocadren
Brevibloc injection
Butalbital
Caduet
Cafergot
Calan and Calan SR
Cardene
Cardizem
Cardizem LA
Carteolol-generic for Cartrol tablets
Cartia
Carvedilol
Celiprocil
Corgard
Coreg
Corzide
Covera
Darvon
Deponit Patch
Dilacor
Dilatrate
Diltiazem
Dilor
Dilor G
DynaCirc
Esgic & Esgic-plus
Excedrin
Felodipine
Fioricet
Fioricet with Codeine
Fiorinal
Fiorinal with Codiene
HCTZ & Propranolol-combination
products for Inderide long-acting
tablets/Inderide

HCTZ & Labetalol (Hydrochlorothiazide)
-combination products for Normozide
HCTZ & Timolol-combination
products for Timolol
Imdur
Inderal injection
Inderal LA
Inderal tablets
Inderide
Innopran
Ismo
Isordil
Isoptin
Isosorbide (Dinitrate/Monitrate)
Isradipine
Kerlone
Labetalol
Levatol
Lopressor Ampuls
Lopressor HCT tablets
Lopressor pre-filled syringes
Lopressor tablets
Lotrel
Marax
Metoprolol-generic for Lopressor
Migranal
MiniTran patch
Monoket
Mudrane
Nadolol-generic for Corgard
Nicardipine
Nifedipine-generic for Procardia
Nisoldipine
Nitro-Bid
Nitro-patch
Nitro-Dur patch
Nitroglycerin
Normodyne
Normozide tablets
Norvasc
Oxprenolol
Penbutolol-generic for Levatol
Pindolol-generic for Visken
Propranolol-generic for Inderal
products
Plendil
Posicor
Procardia & Procardia XL
Ranexa
Sectral Tablets
Selecor
Sorbitrate

Sular
Tarka
Teczem
Tenormin
Tenoretic
Tiazac
Tilazem
Tildiem
Timolide tablets
Timolol-generic for Blocadren
tablets
Toprol XL
Trandate
Transderm
Trasicor
Unidur
Vascor
Visken
Verapamil
Verelan
Ziac
Zebeta

STOP FOR 3 DAYS

(2 days before & day of test)

Aggrenox
Aminophylline
Cilostazol - generic for Pletal
Constant-T
Dipyridamole-generic for Persantine
Elixophyllin
Gyrocaps
Pentoxifylline-generic for Trental
Persantine
Pletal
Respbid
Quibron
Slo-Bid
Slo-Phyllin
Tedril SA
Theo-24
Theo-X
Theochron
Theoclean
Theolate
Theo-Dur Tab & Capsules
Theolair
Theophylline
T-Phyl
Trental
Uniphyl tab



WHAT ARE PERSANTINE, ADENOSINE AND TREADMILL CARDIOLITE TESTS?

Your doctor has requested a Cardiolute Treadmill, Persantine or Adenosine stress test. This test is valuable in evaluating your cardiac status. It may help your doctor diagnose coronary artery disease (which is a narrowing of the arteries that supply the heart muscle). This test measures your heart rate, blood pressure and EKG (electrocardiogram) readings in response to exertion. If you are unable to withstand the standard treadmill stress test then you will be given Persantine or Adenosine which is a medicine that dilates your coronary arteries and increases blood flow to your heart, simulating what happens when your body exercises.

Cardiolute is a material that allows us to take pictures of your heart. Cardiolute is not a dye and has no side effects. The test begins by starting an IV and an injection of Cardiolute. Approximately 40 minutes later, a series of pictures of your heart (at rest) will be taken. These “resting pictures” will take about 30 minutes.

You will then be prepared for the stress portion of the test. Various patches, which we call electrodes, will be applied to your chest. This allows the doctor to monitor your heart during the entire test. A full EKG is run prior to the test and several times during the test. A blood pressure cuff is applied and your blood pressure is also recorded at intervals while on the treadmill or while a small dose of Persantine or Adenosine is administered. Persantine/Adenosine is very safe and has few side effects. (Your physician will have discussed these with you prior to the test.) A second dose of Cardiolute will be given to you through the IV at the maximum effect of the Persantine/Adenosine or when you reach 85% of your maximum heart rate on the treadmill.

At least 40 minutes after the stress test is complete, a second set of pictures will be taken. These pictures will take about 30 minutes and will show what your heart looks like at stress. The Nuclear Medicine physician will compare the two sets of pictures (rest and stress) to see what changes take place in your heart in response to stress. Preparation time and post-test studies will take approximately four (4) hours. This test may help your doctor to better evaluate if you have heart disease and to what extent. It also will allow him/her to determine how much work your heart can tolerate.

If you have any questions, please contact us at the MCVI office where your test is scheduled.