

Pharmacologic Stress Test with Nuclear Imaging (Adenosine or Dobutamine)

Preparing for your test

Your test is scheduled for: _____
day date

Please check in at: _____ a.m./p.m. Park Nicollet Heart and Vascular Center
Third Floor Reception Desk, Suite 3-820
 Park Nicollet Clinic—Chanhassen

What do I need to do before my test?

- Let your doctor know if you are not able to lie flat for 25 minutes without moving.
- Plan to spend four hours from the beginning of the procedure until you are ready to go home.
- Bring a list of your current medicines.
- Do not eat or drink—except for water—for four hours before your test. Drinking water helps placement of your intravenous line (IV).
- Do not consume any caffeine for 24 hours before your test. This includes coffee, decaffeinated coffee, tea, decaffeinated tea, chocolate, soft drinks containing caffeine, No-Doz®, Anacin® or Excedrin®.
- Do not smoke or use any tobacco products the day of the test.
- Wear clothing appropriate for exercise. Gym shorts, light trousers or sweatpants work well. Athletic or walking shoes are a must. Do not wear slippers, sandals or shoes with high or chunky heels. Women will be given a hospital gown to wear during the test, as they will undress from the waist up to allow for the positioning of the ECG patches. Men may need part of their chest shaved to ensure a good ECG signal is obtained.

What do I need to do about my medicine?

- Some medicines affect test results. Examples of these are:
 - » propranolol (Inderal®)
 - » atenolol (Tenormin®)
 - » metoprolol (Lopressor®, Toprol®)
 - » carvedilol (Coreg®)
- Unless your doctor specifically tells you to continue these medicines, stop taking them at least two days before your test.
- If you take other medicines on a regular basis, continue these as usual.
- If you have diabetes and are on insulin, ask your doctor for instructions on adjusting your insulin dose.

What is a pharmacologic stress test with nuclear imaging?

Your doctor has ordered this special imaging test to evaluate the blood supply to your heart. The test consists of the following three parts.

1. Resting scan. This shows the blood flow to your heart while you lie still.
2. Pharmacologic stress. Infusion of a medicine called adenosine or dobutamine to simulate physical exercise.
3. Post-exercise scan. This scan shows the blood flow to your heart during the pharmacologic stress test.

Pharmacologic stress test with nuclear imaging (cont'd)

What happens during the test?

- **Resting scan.** A small amount of radioactive tracer will be injected in your arm through an IV. This tracer is carried by the coronary artery blood flow into your heart, where it is absorbed. If an area of your heart is not receiving enough blood, it will absorb less of the tracer. The tracer is visible on the scan, allowing your doctor to see the blood flow to your heart. Once the radioactive tracer is injected, you will wait 45 minutes to an hour before imaging begins. The imaging process takes about 25 minutes and you will be asked to lie very still during this time.
- **Pharmacologic stress.** A nurse clinician will monitor your heart as you receive adenosine or dobutamine through your IV. This medicine has an effect similar to exercise on your heart, and is used when patients cannot exercise on a treadmill. Once the medicine has taken affect, you will receive a second dose of the tracer. Your electrocardiogram (ECG) will be monitored throughout the test for any abnormalities.
- **Post-exercise scan.** This shows the blood flow to your heart after the pharmacologic test. The scan is performed about 45 minutes to one hour after the test and takes about 20 minutes to complete. You will be asked to lie very still during this time.
- The dosing of the radioactive tracer is weight-dependent. Women who weigh more than 220 pounds and men who weigh more than 250 pounds will need to return within a week for a resting scan. A resting scan takes about two hours. You will be told if you need to return for the resting scan.

What are the risks and side effects of the test?

The radioactive tracer is not an X-ray dye and is safe even if you are allergic to X-ray dyes. There is a small amount of risk whenever the heart is

stressed. Problems are rare. Your heart rate, ECG and blood pressure will be monitored closely, and a cardiologist always will be in the area.

When will I get my results?

A nuclear cardiologist will review your ECG and both scans after a technologist has processed them. The doctor who ordered your test will talk to you about your results, usually within three days to five days.

Telephone number

If you have questions about your test, please ask the doctor ordering the test. If you need to cancel and reschedule the test, call:

- Park Nicollet Heart and Vascular Center
cardiology scheduling
Weekdays, 8 a.m. to 5 p.m.
952-993-5305

Locations

- Park Nicollet Heart and Vascular Center
Third Floor, Suite 3-820
6500 Excelsior Blvd.
St. Louis Park, MN 55426

Take Hwy. 100 to Excelsior Blvd. Go west about a half mile. Enter the Heart and Vascular Center at 6500 Excelsior Blvd. Park in the Blue Ramp and take the walkway to the center. Take the elevator to the second floor and check in at the reception desk. Bring your parking ticket in to the center to be validated for a reduced parking fee.

- Park Nicollet Clinic—Chanhassen
300 Lake Drive East
Chanhassen, MN 55317

Take Hwy. 5 West to Great Plains Blvd. Turn left on Great Plains Blvd. Turn left on Lake Drive E. Clinic is on the left-hand side. Parking is free.