



Cardiovascular and Risk Reduction Center

## Cardiac Nuclear Stress Test: Exercise Cardiolute Study

This specialized imaging stress test uses a short-lived radioactive material, which along with computer imaging will help highlight any severely diseased blood vessels, specifically coronary arteries, that may be causing diminished blood flow to your heart. It may additionally diagnose heart abnormalities.

An IV will be started in your arm to allow injection of medication. A radioactive isotope (Cardiolute) will be injected through the IV and pictures will be taken of your heart. 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 heart rate and rhythm. You will be asked to move on a treadmill. At this point more isotopes will be injected through the IV. Pictures will be taken a second time of your heart. The pictures from before and after the Lexiscan injection will be compared for differences. This test will provide your physician a lot of diagnostic information about your heart muscle and will additionally help in your treatment plan. Please allow 3-4 hours for this exam.

### **PLEASE READ THE FOLLOWING INSTRUCTIONS VERY CAREFULLY:**

1. **DO NOT** smoke, drink regular or decaffeinated coffee/tea/sodas or caffeinated beverages for 24 hours prior to the test
2. **DO NOT** eat chocolate 24 hours prior to the test
3. **DO NOT** eat or drink anything at least 6 hours prior to the test
4. Bring a light snack (sandwich, beverage, anything you desire). You will be instructed to eat at some point of the test by the nurse. This is necessary.
5. If you are a diabetic on insulin or oral hypoglycemic medications, contact your physician for special dietary instructions
6. Please shower or bathe the day of the test. **DO NOT** apply lotion or powder to your chest
7. Wear loose fitting slacks or shorts, a skirt or blouse with buttons in front, sneakers or walking shoes. NO sandals/clogs, or heeled shoes.
8. No metal underwire bras
9. The doctor or office may ask you to discontinue certain medications for 24-48 hours prior to the test. Consult with your physician if this is unclear
10. **Do NOT** use the following within 24 hours of the procedure:  
Viagra, Levitra, Cialis or similar medications

**\*IF PREPARATION IS NOT DONE PROPERLY, YOU WILL BE UNABLE TO PERFORM THE TEST BUT WILL STILL BE CHARGED.**





Please arrive 15 minutes prior to schedule for check in. Failure to show up for your test will result in a **\$150.00 medication fee** as each medicine is ordered specifically for you and your doctor cannot return this medicine.

Your appointment is scheduled for \_\_\_\_\_ at \_\_\_\_\_.

The test will be held in our office at:

**Morris Cardiovascular and Risk Reduction Center**  
**228 Johnson Creek Drive**  
**Chester, VA 23836**  
**(804) 530-1044**

\_\_\_\_\_  
Patient Printed Name

\_\_\_\_\_  
Patient Signature

\_\_\_\_\_  
Date

\_\_\_\_\_  
Staff Witness

\_\_\_\_\_  
Date