

Great Lakes Heart & Vascular Institute, P.C.

3950 Hollywood Rd., Suite 110

St. Joseph, MI 49085

(269) 985-1000

PATIENT NAME: _____

TYPE OF TEST: _____

DATE: _____

TIME TO ARRIVE: _____

You have been scheduled for a Sestamibi (Cardiolite) Stress test in our office. This test will take approximately 2 to 2 ½ hours. **Please check in at our office at 3950 Hollywood Rd., Suite 110.**

We will first start an IV in your arm or hand and then give you an injection of the radioactive tracer called Sestamibi. This injection must circulate in your body for approximately a half hour and then we take images of your heart with a gamma camera. After completion of the images, you will be prepared for the stress portion of the procedure. During the stress test you will be given a second injection of Sestamibi. Afterwards, you will have a second set of images taken of your heart.

- **DO NOT EAT OR DRINK FOR 4 HOURS before your scheduled time (small sips of water are OK)**
- **NO CAFFEINE; CHOCOLATE, DECAF BEVERAGES, COFFEE, POP, TEA, ENERGY DRINKS, SMOKING, NICOTINE PATCHES, OR NICOTINE GUM FOR 12 HOURS before your scheduled time**
- **Wear comfortable clothing and walking shoes- no dresses or backless shoes**
- **Bring a list of your medications and doses with you**
- **DO NOT take the following medications the day of your test:**
 1. Excedrin or Diet Pills
 2. Bystolic
 3. Tenormin (Atenolol)
 4. Lopressor (Metoprolol Tartrate)
 5. Toprol XL (Metoprolol Succinate)
 6. Corgard (Nadolol)
 7. Betapace (Sotalol)
 8. Inderal (Prolpranolol)
 9. Visken (Pindolol)
 10. Trandate (Labetalol)
 11. Calan (Verapamil, Isoptin ,Covera HS)
 12. Cardizem CD (Dilacor XR, Cartia, Tiazac, Diltiazem)
 13. Coreg (Carvedilol)
 14. Timoptic (Timolol) Eye Drops
 15. Betoptic (Betaxolol) Eye Drops
- **DO NOT take the following medications 24 HOURS PRIOR TO YOUR TEST**
 1. Theophylline 2. TheoDur 3. Uniphyll

If you take inhalers for a lung disorder, you may take them as directed and please bring them with you the day of your test. Continue taking other medication unless your physician tells you otherwise. If you have any questions regarding your medications call the office, (269) 985-1000.

If you are a diabetic patient scheduled for a morning test, do not take your diabetic medicine. If you are a diabetic patient for an afternoon test, you may take ½ of your diabetic medicine.

If you are pregnant or think you may be pregnant, please inform the receptionist prior to your test.

If your occupation requires you to work in or around a nuclear power plant or if you are traveling by air in the near future, please inform the technologist prior to your test.

If you cannot make your appointment, please give us 24 hour notice.

If you have any questions regarding this test please call our office at (269) 985-1000.

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