

GREAT LAKES HEART & VASCULAR INSTITUTE, P.C.
3950 Hollywood Rd, Suite 110
St. Joseph, MI 49085
(269) 985-1000

PATIENT NAME: _____ **TYPE OF TEST:** _____

You have been scheduled for a Sestamibi (Cardiolite) Stress test in our office. This test will take **two days** to complete, plan on spending approximately 1 to 1 ½ hours here each day. **Please check in at our office at 3950 Hollywood road, suite 110.**

On day one of your test we will give you an injection of a radioactive tracer called Sestamibi. This injection must circulate in your body for approximately ½ hour before imaging your heart with a gamma camera.

DATE: _____ **TIME TO ARRIVE:** _____

On the second day of your test we will start an IV. You will be prepared for the stress portion of your test and will receive another injection of Sestamibi. Afterwards, you will have a second set of images taken of your heart.

DATE: _____ **TIME TO ARRIVE:** _____

- **DO NOT EAT OR DRINK FOR 4 HOURS** before your scheduled time (small sips of water are OK)
- **NO CAFFEINE, NO DECAF BEVERAGES, NO POP, NO SMOKING 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:

Excedrin, Bystolic, Tenormin (Atenolol), Lopressor (Metoprolol Tartrate), Toprol XL (Metoprolol Succinate), Corgard (Nadolol), Betapace (Sotalol), Inderal (Propranolol), Visken (Pindolol), Trandate (Labetalol), Calan (Verapamil, Isoptin, Covera HS), Cardizem CD (Dilacor XR, Cartia, Tiazac, Diltiazem), Coreg (Carvedilol), Visken (Pindolol), Trandate (Labetalol) and eye drops such as Timoptic (Timolol) and Betoptic (Betaxolol),

- **DO NOT take the following medications 24 HOURS PRIOR TO YOUR TEST**

Theophylline, TheoDur or 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. The Sestamibi doses are ordered for you specifically the day before your test.

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