



# CARDIOVASCULAR CONSULTANTS HEART CENTER

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## Dr. Donald W. Gregory Patient Preparation / Instructions For Sestamibi/Cardiolite Treadmill Stress Test

**Patients walking on the treadmill for Cardiolite testing must STOP ATENOLOL (Tenormin) OR METOPROLOL (Toprol/Lopressor) 24 hours prior to the test.**

**► This test takes approximately 2 ½ - 3 hours ◀**

1. **Do not drink** coffee, decaf coffee, tea, decaf tea, colas, caffeinated beverages, or consume chocolate for 24 hours prior to the exam.
2. **Nothing to eat or drink except for water** 4 hours prior to exam. **You may have water at any time**, in any amount desired, or medically allowed. **We suggest that you bring a sack lunch. You will be instructed when you are allowed to eat.**
3. **Diabetic Patients:** If your test is in the morning you may get up 4 hours prior to your test to eat and take your insulin. You may take Glucose, or suck on hard candy at any time. **We suggest that you bring a sack lunch. You will be instructed when you are allowed to eat.**
4. **Take all of your normal medications with water. Stop** all Aminophylline, Theophylline, Excedrin, asthma medication (inhalers are o.k.) Persantine (dipyridamole), and Adenosine 24 hours prior to exam.
5. **You may be required to walk on the treadmill for this test.** Please wear comfortable clothing and tennis shoes to your appointment.

**Important Notice:** Cardiolite is an expensive material that is ordered ahead of time and cannot be reused. If you are unable for **ANY REASON** to come to your scheduled appointment, please call and let us know at 432-4303.

**► IF YOU ARE PREGNANT OR NURSING YOU MUST RESCHEDULE YOUR APPOINTMENT ◀**

**Note:** Your appointment time slot is reserved for you. If you do not call to confirm your test, your appointment may be cancelled or rescheduled in order to use the time slot for other patients. There is also a chance that you will be charged for the missed appointment.