

Dean & St. Mary's Cardiac Center

Thank you for choosing St. Mary's for your health care. Our goal is to make your stay as pleasant and comfortable as possible. Valet parking is available at our main entrance on Brooks Street. This service is available from 5 a.m. to 10 p.m. daily. The valet attendant will park your vehicle and retrieve it when you are ready to leave.

Exercise Cardiac Perfusion Imaging Stress Test (Cardiolite)

Be at _____

on: _____
(day/date) (time)

Call 608-260-2902 if:

- You cannot make it to your test on time.
- You have questions or concerns about the test.
- You think you may be pregnant.
- You have trouble walking.

What is it?

This type of exercise stress test is done while you are walking on a treadmill. This test often takes two scans of your heart. A radioactive isotope (for example cardiolite) is given. This gives off a small amount of radiation that is found with a scanning camera. The first scan checks the blood flow to your heart muscle at rest. The second scan checks the blood flow to your heart muscle during exercise.

Why do you need Exercise Cardiac Perfusion Imaging?

You may have had:

- ♥ an abnormal result on one or more of your heart tests.
- ♥ signs or symptoms of a possible heart problem.

Before your test

- Do not eat or drink anything after midnight before your scheduled test.

Day of your test

- Do not take any medication including vitamins, herbals, and/or food supplements **unless you are told differently** by your physician.
- Bring all your medications including any over-the-counter medications, inhalers, herbs, etc., that you are presently taking, in their **original** container with you. This will help update your records.
- Wear comfortable clothing and walking shoes.
- Bring your insurance cards.
- After you register, you will be sent to the Medical Imaging Department.
- Your entire test will take between two and three hours.

During your test

First Scan

- You will change into a patient gown.
- An intravenous (IV) line will be placed in your arm.
- A small amount of isotope will be injected into your IV. You will sit quietly for 45 minutes in a special waiting area.
- Next you will be taken to the scanning area. You will lie quietly on your back with both arms above your head for about 15 minutes. If this position is difficult for you let the technician know.
- A camera will move slowly over your chest during the scan.

Second Scan

- A technician will fill out a heart history form and have you sign a consent form.
- Small sticky patches will be placed on your chest to monitor your heart rhythm during the test. Any hair will be clipped before placing the patches.
- You will begin walking slowly on the treadmill. The speed and incline will be gradually increased every two or three minutes.
- Your EKG and blood pressure are continuously monitored until you reach a target heart rate, become tired or develop symptoms. This will help determine when to inject the isotope.

- After the isotope is injected into your IV, you will walk another minute to help the isotope flow to your heart muscle.
- The treadmill will be slowed and stopped.
- Next you will be taken back to the scanning area. Again, you will lie quietly on your back with both arms above your head for about 15 minutes.

After your test

- You will be able to leave after the second scan.
- The report will be sent to your health care provider at a later date.

Tobacco Free Campus

For your health, we are a tobacco-free facility and campus. Thank you for not smoking or using tobacco products on hospital grounds.

Other resources available to you at: www.stmarysmadison.com/cardiac

Then Click on “Patient Instructions”.