

Interventional Cardiology Medical Group, Inc.

**ADENOSINE
WITH DUAL AGENT NUCLEAR IMAGING
PATIENT INSTRUCTIONS**

Adenosine is a medication that is administered to simulate exercise. Adenosine makes the heart beat stronger, increasing the heart rate and blood pressure. Thallium and Cardiolite are radioisotopes that when injected into a vein in the arm, travels to the heart muscle. Pictures are taken of the blood flow in the heart muscle with a special nuclear imaging camera. This test is designed to determine if there is any problem with the blood flow through the coronary arteries that supply the heart with blood.

Appointment Date: _____ **Time:** _____

PROCEDURE

An intravenous (IV) catheter will be placed in your arm in order to administer the injection of Thallium. There are no side effects from this injection. The risk of radiation is small, approximately 2 to 3 chest x-rays. A resting scan will be done while lying flat, with your arms above your head. Pictures of your heart will be taken at different angles. These pictures will take 10 to 15 minutes to obtain. Adenosine will be administered into the IV over a 5 to 6 minute period. At 3 minutes, a Cardiolite injection will be administered with the Adenosine injection. Your blood pressure, heart rate and rhythm are monitored during the Adenosine administration. After the completion of the Adenosine, more pictures of your heart will be taken to compare with the first set of pictures.

During the Adenosine administration, you may experience symptoms much like heavy exercising, flushing, heavy breathing, or light-headedness. These sensations are only temporary and will disappear after the administration.

PATIENT INSTRUCTIONS

- **Please arrive 20 minutes prior to your scheduled test time.**
- **If your exam is scheduled before 12:00 noon - do not eat or drink anything after midnight** the night before the exam. You may drink water.
- **If your exam is scheduled after 12:00 noon – you may eat a light breakfast (cereal, toast, juice) the morning of the exam. NO CAFFEINE.**
- Do not ingest any stimulants for 24 hours BEFORE the test. This includes coffee, tea, cola drinks, or chocolate.
- If you are diabetic, you may eat a *light* breakfast and/or lunch.
- You may bring something to eat for after the treadmill portion of this test, preferably something with high fat content such as peanut butter or cheese.
- Wear loose fitting, comfortable clothing.
- Do not wear necklaces or clothing with metal on it (metal buttons, sequins, brooches, etc.).
- If you have asthma presently or previously, bring your inhaler(s) with you.
- Bring a list of your medications with you.
- Take your usual morning medications on the day of your test unless directed by your physician:

LENGTH OF TEST

The test will take approximately 3 to 4 hours.

QUESTIONS

If you need to cancel, reschedule, or have any questions about this exam, please call the office at: 818-702-8800.

PLEASE GIVE OUR OFFICE 24 HOUR NOTICE TO CANCEL YOUR TEST

OR THERE WILL BE A \$350 CHARGE