

**Interventional Cardiology Medical Group, Inc.**

**EXERCISE TREADMILL TEST WITH NUCLEAR IMAGING  
PATIENT INSTRUCTIONS**

The treadmill test is an electrocardiogram (ECG) that is done while you are walking on a moving belt. Abnormalities in your heart rate and/or rhythm can be detected. Cardiolite/technetium is a radioisotope 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 Cardiolite/technetium. 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. You will then be asked to walk on a treadmill. Your blood pressure, heart rate, and rhythm will be monitored while you are on the treadmill. When you reach your target heart rate and exercise level, Cardiolite/technetium will be administered into the IV. After the completion of the treadmill, more pictures of your heart will be taken to compare with the first set of pictures.

**PATIENT INSTRUCTIONS**

- **DRINK WATER – for hydration!**
- **NO CAFFEINE for 24 hours before the test. This includes tea, sodas, chocolate, and decaffeinated coffee.**
- 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.
- If your exam is scheduled after 12:00 noon – you may eat a light breakfast (cereal, toast, juice) the morning of the exam.
- 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 comfortable clothing and walking shoes, such as tennis shoes. **DO NOT WEAR OPEN-TOED OR OPEN-HEELED SHOES. NO DRESSES.**
- 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.
- If you have been instructed to decrease your medication, be aware you may experience a transient increase in your blood pressure and/or palpitations.

**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**

Signature: \_\_\_\_\_

Date: \_\_\_\_\_