

Springfield Clinic
Cardiology

Exercise Cardiolite Stress Test

Your doctor has scheduled you for an Exercise Cardiolite Stress Test on _____ at _____ am / pm.

DURING THE TEST YOU WILL:

- Have an IV started that will remain in place until the test is complete.
- Be given 2 injections of a radiopharmaceutical through the IV.
- Lay on a table 2 separate times while a camera takes pictures of your heart.
- Exercise on a treadmill for the stress portion of your test.
- The entire test will take at least 2-3 hours to complete.

Your **cardiologist** has determined for this test that you **MUST:**

TAKE ALL MORNING MEDICATIONS, except do not take beta blockers (included Ziac, Bisoprolol, Toprol, Atenolol, Bropanolol, Carvedilol, Coreg, Lopressor, Metoprolol, Tenormin) for 24 hours prior to the test.

YOU MUST:

- Wear comfortable clothes and shoes.
- Nothing to eat 6 hours prior to the test
- If you use inhalers for asthma or lung disease please bring them with you to the test.
- **DO NOT HAVE CAFFEINE FOR 24 HOURS PRIOR TO THE TEST**
 - **THIS INCLUDES COFFEE, TEA, SODA & CHOCOLATE (INCLUDING DECAFFEINATED)**