



## What is an Adenosine Stress Test?

This is a type of test used to see if your heart muscle is getting the blood supply it needs. You will be given medicine through an intravenous tube (IV). This medicine is called Adenosine.

Just like exercise, Adenosine increases the work your heart does, and increases your heart rate. After a few minutes, a radioactive material called Cardiolite is given through the IV. This material will allow pictures to be taken of your heart.

***You cannot have this test if you are allergic to Persantine, Adenosine, or Theophylline.***

## Why does my doctor want me to have this test?

Your doctor may order this test:

- If you have been having chest pain or shortness of breath. Your doctor will want to know if these symptoms are because of your heart.
- If you are about to have surgery, a stress test can help the doctor to see if your heart is strong enough to handle the stress of surgery.
- If you can't walk on a treadmill long enough to reach a certain heart rate to complete the test, your doctor will order this kind of stress test.
- If you are on a certain medication or have a type of heart rhythm which makes it necessary to do a medicated stress test.

## How do I prepare for the test?

**No** caffeine for 24 hours before the test: **No** decaf coffee/tea, **No** chocolate and **No** soda. This also includes over-the-counter medicines that have caffeine such as:

Anacin                      Excedrin                      No Doz

**If you take Darvocet or Fiorinal you must not take them for 24 hours before the tests.**

You may have a light meal (such as toast or cereal, or a half sandwich with juice or milk) about 2 to 3 hours before the test.

You will need to be wearing comfortable clothes. Please, no 1 piece garments.

Some breathing pills may need to be stopped 2 to 3 days before the test, your doctor will tell you if you need to stop taking a medication before the test. Some examples are:

Aeolate	Bronkodyl	Constant-T	Elixophylline SR
Quibron-T	Respbid	Slo-Bid Gyrocaps	Sustaire
Theo-24	Theo-Dur	Theochron	Uniphyl

***Please check with your doctor before stopping any medicine for this test.  
This test is not done if you are pregnant or breastfeeding.***

## **What happens during the stress test?**

When you come to the Cardiology Department for your test we will ask you questions about your health history. After we explain the test to you, we will ask you to sign consent before the test is started.

Next we will place EKG patches on your chest. The patches are attached to small wires, which are connected to a machine. This allows your heart rate and rhythm to be monitored during the stress test.

A blood pressure cuff is put on your arm and a nurse will start an intravenous (IV) line for the medicine to be given. You will be given the medicine slowly over about four minutes.

You will be asked to do a small amount of exercise (sitting on the edge of bed and moving arms and legs, or standing at bedside and walking in place). This movement improves the images, and lowers any side effects.

You will also get a dose of a radioactive material (Cardiolite), which makes your heart "glow" and show up on the pictures, which are taken 1 hour after the medicine is given.

When the test is finished, the IV will be taken out, and most of the patches are removed. A few patches will be left on for the pictures that will be taken.

## **What happens during the rest portion of the test?**

You will come to the Radiology Department and again you will get a dose of the radioactive material (Cardiolite), which makes your heart "glow" and show up on the pictures. You will wait 1 hour and then pictures will be taken.

## **What are the possible side effects?**

You will not be alone during the test. If you develop any of these symptoms make sure you tell the nurse/doctor in the room with you.

- Flushed warm feeling
- Nausea/vomiting
- Abnormal Heartbeat
- Chest Pain
- Headache
- Low Blood Pressure
- Dizziness

**Any of these symptoms caused by the medicine can be taken care of before you leave the Cardiology Department.**

## **How long does the test take?**

If the test is done in 2 days, the stress test takes from 2 - 2 ½ hours. Plan on a 1-hour wait time between parts. The rest test takes about 1 hour.

If you do the exam in 1 day, it will take about 3 – 4 hours to complete. You will have some wait time between tests.

**If you have any questions, please feel free to call the Cardiology Department at 756-3560**