

## Who should have a stress test?

**Your doctor is the person to identify the reasons for stress testing.**

Some of the reasons are:

1. Chest pain.
2. Congestive heart failure or weakness of your heart muscle.
3. Coronary Artery Bypass surgery, Angioplasty, or Stent follow up.
4. Age associated with a significant number of risk factors.
5. Many other reasons as recommended by American Heart Association and American College of Cardiology.

## What are risk factors?

Age

Smoking

Diabetes

Hypertension

High cholesterol

Strong family history



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[www.toledocardiology.com](http://www.toledocardiology.com)

*Edited by AK*

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**Name:** \_\_\_\_\_

**Test Date:** \_\_\_\_\_

**Time:** \_\_\_\_\_

# Cardiolite Stress Test

## UNDERSTANDING YOUR TEST



**Tel. (419) 251-3700**  
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## What is the doctor looking for?

1. How the blood perfuses and distributes into your heart muscle.
2. To identify areas of the heart muscle receiving less blood and oxygen than normal suggesting clogged arteries.
3. To determine heart muscle function.

## What is the test?

- An IV is inserted into a vein in your arm and special pictures of your heart are taken and viewed.
- After this, you will have the stress test completed by walking on the treadmill.
- Immediately following exercise, more pictures will be taken.
- The resting pictures and the exercise pictures will then be processed and interpreted by a cardiologist.

## Test Instructions:

- **Stop eating and drinking two hours before your test, EXCEPT for water. You will be able to eat prior to \_\_\_\_\_.**

**Wear comfortable clothing and walking shoes.**

- If you are on any of the following medicine, please stop them on: \_\_\_\_\_.

Isordil, Ismo, Imdur, Nitropatch.

Lopressor, Toprol, Inderal, Tenormin, Metoprolol, Atenolol, Coreg

Norvasc, Calan, Cardizem,

Verapamil, Verelan, Covera.

- If you are diabetic, on the morning of the test, you should:
  - take half of your usual insulin dose.
  - If you take pills, hold them until after the test.

**You will need to stop all caffeine or decaffeinated products starting: \_\_\_\_\_**

- **No pop, coffee or decaf, tea, chocolate, or aspirin containing caffeine (Excedrin). You are able to drink, water milk, or juice.**

**This test takes approximately 3-5 hours to complete.**

## Let your doctor or nurse know:

- If you have Asthma, COPD or breathing problems.
- If you have a problem walking less than six city blocks (1/4 mile) in ten minutes.
- If you weigh over 250 lbs (113kg).

**\*\*\*If you must cancel this test we do require a 24 hour notice.\*\*\***