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## Cardiolite Study / Myoview / Nuclear Stress Test Instructions

### Preparations:

- 1) Please report to Dr. Hack's office at the appointed time.
- 2) Plan to be in the office for 2 ½ to 3 hours.
- 3) Do not eat for at least 4 hours before the test; however, you may take your medications with water.
- 4) Please avoid caffeine for 24 hours prior to your scheduled test. This includes coffee, tea, soda, chocolate. Please note: We ask that you also avoid decaffeinated coffee and tea also as these products can contain some caffeine.
- 5) Please bring bottled water with you.
- 6) Wear appropriate clothing, including sneakers and a short-sleeved button-down shirt. For women, please no long line bras or one piece garments.
- 7) Please bring a small container of milk and a muffin or similar snack. You will be told by the technician when you should eat the snack. The milk and food will help the isotope move through your body faster.

### Part 1:

*Patient Prep:* Nothing to eat or drink for 4-6 hours prior to the start of the test.  
NOTE: Diabetics please follow our physician's recommendations.

*Resting Injection:* An intravenous line will be started in a forearm vein. A small amount of radioactive material will be injected into the IV. This material will circulate into your heart.

*Rest Scan:* A set of images will be taken of your heart at approximately 30 minutes after the resting injection. You will sit in a revolving chair while the images are recorded. These pictures will take 25-30 minutes.

### Part 2:

*Stress Test:* A set of electrodes will be placed on your chest and an EKG obtained. You will be asked to walk on a treadmill for as long as you can. During the stress test, you will be constantly monitored by trained personnel, whom Dr. Hack will be supervising. A second injection of the radioactive material will be given at approximately 60-90 seconds before you stop exercising.

*Scan:* At approximately 30 minutes after the injection, your second heart scan will be obtained. This scan takes 25-30 minutes. The IV line is then removed. This completes the nuclear stress test.

Your appointment is on \_\_\_\_\_ at \_\_\_\_\_.