



ACCREDITED CARDIOLOGY

OF ARIZONA



Dobutamine and Exercise Myoview Stress Tests Treadmill Stress Test Patient Information Sheet

Patient Name

Type of Test

Date and Time Scheduled

Please call our nuclear medicine confirmation line at (480) 430-0571, two days before your test, to confirm your instructions and appointment. See notice below regarding missed appointments.

Please read the front and back of this form

If you are scheduled for a **Stress Test:**

Medications: Do not take any Beta Blockers, Calcium Channel Blockers or Nitrates one day (24 hrs) before the test. All other medications take as scheduled. If you have any questions regarding medications please call our nuclear medicine confirmation line at (480) 430-0571.

**No Caffeine 24 hours prior to test
No food or drink 4 hours prior to test**

Special Instructions:

MISSED APPOINTMENT NOTICE: If you cannot keep your appointment, please call the nuclear medicine confirmation line at (480) 430-0571 by 2:00 pm **THE DAY BEFORE** your scheduled appointment. Because we must order a unique radioisotope for the nuclear images, you will be responsible for a cancellation fee of up to \$300.00 if we are not notified.

I understand that if I fail to keep any scheduled appointment for nuclear medicine procedures I will be held responsible for the retail price of the radiopharmaceutical.

X

Date

Beta Blockers

Atenolol (Tenormin)
Coreg (Carvedilol)
Metoprolol, Toprol XL (Lopressor)
Nadolol (Corgard)
Pindolol (Visken)
Timolol (Blocadren)
Acebutolol (Sectral)
Propranolol (Inderal)
Sotalol (Betapace)
Ziac
Kerlone
Trandate (Labetelol)

Calcium Channel Blockers

Nifedipine (Procardia)
Nicardipine (Cardene)
Diltiazem (Cardizem Dilacor XR, Cartia)
Verapamil (Calan, Isoptin)
Isradipine (Dynacirc)
Felodipine (Plendil)
Amlodipine (Norvasc)
Adalat
Bepridil
Sular
Tiazac
Covera
Lotrel
Caduet

Nitrates

Ismo
Isordil
Isosorbide
Nitrobid
Nitro-Dur
Nitropatch
Imdur

Diabetic Patients: Please call the office and speak with staff for recommendations on taking insulin or other oral agents prior to the study.

Products Containing

Caffeine: Coffee (all), Tea (all), Soft drinks (all), Cocoa, Chocolate Milk, Darvon, Fiorinal, Anacin, Excedrin, No-Doz, Cafegot, Synalogs

Confirming your Appointment

Please be aware that we must speak to **you** directly on the telephone in order to confirm your appointment. Please call (480) 430-0571, between 8:00 a.m. and 2:00 p.m., two (2) business days before your appointment. If you must leave a voice mail, please leave your name, a phone number where you can be reached, and say that you are calling to confirm a nuclear stress test appointment. We will call you back as soon as we can. **NOTE: Leaving a voice mail message does not confirm your appointment.** We will begin trying to call you the morning before your stress test if you have not yet confirmed.

Test Summaries

(Part 1): Stress Portion (3 to 4 hours):

You will be asked to walk on a treadmill or be given a drug (Dobutamine) that will simulate stress in the heart without exercise (like a treadmill without the walking). When the target heart rate is achieved, we will inject a radioactive material (myoview) which will be absorbed by the heart muscle.

Following this procedure you will wait in our waiting room for 30-45 minutes; this allows your heart rate and body to fully recover. Images are then taken of your heart with our nuclear medicine imaging camera.

You **must** confirm your stress test appointment by 2:00 pm the day prior to your scheduled stress test appointment.

(Part 2): Resting Portion (1 ½ to 2 hours):

ON ANOTHER DAY

You will be asked to return to complete the stress test during the same week or the week following. We will inject the radioactive material (Myoview) again. After the injection, we will ask you to wait 30-45 minutes in our waiting room, after which we will again take more pictures of your heart with the nuclear medicine imaging camera for approximately 15 minutes.

You **must** confirm your rest scan appointment by 2:00 pm the day prior to your scheduled rest scan appointment.

Monitoring:

During all stress tests, trained personnel will monitor your condition with EKG and blood pressure monitoring equipment. Please communicate any concerns before the test begins.