

EXERCISE TEST WITH NUCLEAR IMAGING



SELECT TESTING LOCATION:

TCG @ St. Vincent
8333 Naab Rd, Ste 400
Indpls., IN 46260
(317) 338-6666

Office is located on the St. Vincent Hospital campus.

TCG @ The Heart
10590 N. Meridian, Ste 300
Indpls., IN 46290
(317) 338-6666

Office is located on The Heart Center of Indiana campus.

PATIENT NAME: _____

APPOINTMENT DATE: _____ APPOINTMENT TIME: _____

Please note, you should allow 3.5 – 4.5 hours for completion of this test.

PURPOSE: An exercise test with nuclear imaging is a very useful screening procedure that detects severe blockages in the heart blood vessels, arteries or bypass grafts that could lead to a heart attack or cause episodes of chest discomfort, called angina. The test also measures your heart's pumping capacity (ejection fraction). Two sets of pictures or images are compared to detect abnormalities in blood flow to the heart. The test is conducted with a nuclear camera before and after you walk on the treadmill.

PROCEDURE:

- 1. A highly trained technician will start an IV line in your hand or arm for the radioisotope to be injected before you exercise on the treadmill during the second part of the test.**
- 2. You will be asked to lie on your back under the nuclear camera and the first set of pictures will be taken, which will take about 15-20 minutes.**
- 3. You will be asked to change to a gown with the opening in the front and removing all clothing from the waist up.**
- 4. The technician will then place electrodes on your shoulders and chest. The electrodes are connected by wires to the EKG machine so that your heart rate and rhythm can be monitored. A blood pressure cuff will be placed on your arm to allow frequent monitoring of your blood pressure before, during and after exercise.**



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5. The technician will inject the radioisotope into the IV line. You will be asked to walk at varying speeds and elevations on the treadmill from 3-12 minutes with constant EKG monitoring.
6. The EKG monitoring is discontinued and you will be again be asked to lie on your back under the nuclear camera and the second set of pictures will be taken. This set of pictures will take about 15-20 minutes, also.
7. The entire testing procedure takes about four to six hours from start to finish. Radiation exposure during this test is that of a standard chest X-ray.
8. The results of your test will be carefully reviewed and interpreted by the Cardiologist. The Care Group makes every effort to provide results of your test to your ordering physician within a 24-hour period.

INSTRUCTIONS:

1. It is important that you are on time for your test. If you need to cancel, please call: 1-317-732-6666 or 1-800-732-1481.
2. Please wear comfortable clothes and walking shoes.
3. Please do not use any body lotions on your chest area prior to the test.
4. If your test is scheduled before 10:00 AM, do not eat, drink or take any medications past midnight before your test.
5. If your appointment is after 10:00 AM, you may eat a light breakfast before 6:00 AM (juice and toast or a small bowl of cereal and juice).
6. Do not use any products containing caffeine, including decaf products, for 24 hours prior to the study.
7. If you are diabetic, please bring your insulin with you. Following the stress portion of your test you may eat and take your insulin.
8. If you have asthma, bring your inhaler because treadmill exercise may induce asthma.

