

T1-201 VIABILITY STUDY



SELECT TESTING LOCATION:

- **The Care Group at St.Vincent**
8333 Naab Rd, Ste 400
Indianapolis, IN 46260
(317) 338-6666

Office is located on the St.Vincent Hospital campus.

- **The Care Group at The Heart Center**
10590 N. Meridian, Ste 300
Indianapolis, 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: A T1-201 Viability study is used to detect the areas of the heart that are getting blood flow.

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. 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.
3. You will then have a stress test either by walking on a treadmill or by receiving a medicine called Adenosine. At peak of the stress test, the technician will inject the radioisotope will be injected into your IV line.
4. Up to three sets of pictures will be taken while you lie on your back under the nuclear camera. One set of pictures will be taken immediately after your stress test, the second set four hours later, and a third set may be needed at 24 hours after exercise.
5. Please plan to be able to return the following day for one last set of pictures, which will take up to 1 hour. The need for these pictures will be determined by



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the physician after viewing your first two sets of pictures. You will be notified before you leave if you need to return for the 3rd set of pictures.

6. Radiation exposure during this test is that of a standard chest X-ray.
7. 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: 1-800-732-1481 or 317-338-5050.
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.