



Patient's Name: \_\_\_\_\_

DOB: \_\_\_\_\_

**GRADED EXERCISE TEST  
RADIOISOTOPE EXERCISE TEST  
ADENOSINE STRESS TEST  
DOBUTAMINE STRESS TEST**

**Diagnostic Imaging Department  
222 Medical Circle  
Morehead, KY 40351  
Office: 606-783-6761  
Fax: 606-783-6935**

**Patients:**  
These are the instructions for your  
scheduled procedure in our  
Diagnostic Imaging Department.

**Scheduling**

Your examination has been scheduled for:

**Date:** \_\_\_\_\_ **Time:** \_\_\_\_\_ **A.M./P.M.**

The above time has been reserved for you. Please arrive 15 minutes before the appointed time so you can register. When you arrive to register, please follow the guidelines below to know where to sign in:

Admitting/Registration - 6:30 a.m. to 11:00 p.m.  
Emergency Room Registration - 11:00 p.m. to 6:30 a.m.

**Purpose**

Your physician has ordered a test to determine the state of your heart and circulation. This information will help your physician in advising you on your activities.

This procedure is used in order to:

- Aid in the evaluation of the presence or absence of coronary artery disease and may indicate the need for further studies
- Evaluate your progress following a major cardiac event (heart attack or heart surgery)
- Establish an exercise prescription based on your heart rates

**Preparation**

It is important that you follow these instructions to ensure the test is properly done.

- Do not eat or drink after midnight the night before your exam.
- Do not smoke two hours before the test.
- Wear a shirt or blouse that opens in the front.
- Wear shoes comfortable for walking (tennis shoes).
- If you are currently breastfeeding, please inform the technologist before beginning your procedure.
- Do not take the following medications:

\_\_\_\_\_  
\_\_\_\_\_

\_\_\_\_\_  
\_\_\_\_\_

## **Procedure**

### **[ ] Graded Exercise Test**

For this test you will be asked to walk on a treadmill at various speeds. An EKG will continuously monitor your heart throughout the procedure. Your blood pressure will also be taken before, during, and after exercising. You may become tired during the test but your cooperation is extremely important to gather the maximum amount of information. Your total appointment will be 1-2 hours.

### **[ ] Thallium Exercise Test**

### **[ ] TC 99m Myoview Exercise Test**

In preparation for the test, a small needle will be placed in a vein in your arm. You will be asked to walk on a treadmill. An EKG will continuously monitor your heart throughout the procedure. Your blood pressure will also be taken before, during, and after the procedure. At the physician's order, a small radioactive substance will be injected through the needle in your arm. After the injection you will lie down on a table under a specialized camera that records images of the heart. The camera will move in a circular motion around your chest - it will not touch you. This takes 45 minutes to 1 hour.

After the first set of images you will be asked to return in 1-3 hours. The technologist will tell you what foods you may eat during this time. When you return you will once again lie on the table under the camera and a second set of images are acquired. Your total appointment time will be 6-8 hours.

### **[ ] Adenosine Stress Test**

In preparation for this test a small needle will be placed in a vein in your arm. An EKG will monitor your heart throughout the procedure. The physician will inject a medication called Adenosine followed by a radioactive substance into the needle in your arm. After the injection you will be asked to lie on a table under a specialized camera that records images of the heart. The camera will move in a circular motion around your chest – it will not touch you. This takes 45 minutes to 1 hour.

After the first set of images are obtained you will be asked to return in 1-3 hours. The technologist will tell you what foods you may eat during this time. When you return you will once again lie on the table under the camera and a second set of images are acquired. Your total appointment time will be 6-8 hours.

### **[ ] Dobutamine Stress Test**

In preparation for this test a small needle will be placed in a vein in your arm. An EKG will monitor your heart throughout the procedure. A pump will infuse a drug called Dobutamine into your IV to speed up your heart rate. The technologist will then inject a radioactive tracer into your IV. After the injection you will be asked to lie on a table under a specialized camera that records images of your heart. The camera will move in a circular motion around your chest – it will not touch you. This takes 45 minutes to 1 hour.

After the first set of images is acquired, you will be asked to return in 1-3 hours. The technologist will tell you what foods you may eat during this time. When you return you will once again lie on the table under the camera and a second set of images are acquired. Your total appointment time will be 6-8 hours.

## **Results**

For the Graded Exercise Test the cardiologist/PA will discuss the results with you at the time of the test.

For the radioisotope procedures the results will be available the following day. Your physician will discuss the results with you.

If you have questions concerning your upcoming procedure, please call the Diagnostic Imaging Department at 606-783-6761.