



ORLANDO HEART CENTER DUAL ISOTOPE EXERCISE STRESS TEST

Please read the following instructions carefully!

What to do the day of the test:

- **No food or drink four (4) hours prior to your appointment. If you eat or drink, the test will be rescheduled.**
- **No caffeine, decaffeinated beverages or chocolate for 24 hours prior to your appointment. This includes coffee, tea, cocoa, soda pop, etc.**
- Plan on spending four (4) hours for the test. You will have short breaks between portions of the test.
- Bring or wear loose, comfortable clothing and shoes suitable for brisk walking or jogging. No heels or sandals. Wear slacks or shorts. Do not wear a dress, full slip, or tight jeans.
- Bring a list of your current medications OR your medications in their bottles with you.
- **If you are pregnant, may possibly be pregnant, or are a nursing mother, your scan should be rescheduled at a later date. Discuss this with your physician prior to your exam.**
- PLEASE take your medications with sips of water unless otherwise instructed by your physician.

What is a dual isotope exercise stress test?

This procedure is used to evaluate the adequacy of the blood supply to the heart muscle during periods of exercise (stress) and rest.

Thallium-201 and Technetium-99M Myoview are radioactive tracers used to examine coronary artery circulation. The arteries that supply blood to the heart muscle can become clogged or narrowed from the buildup of plaque (atherosclerosis or coronary artery disease). The tracer images allow us to see the heart muscle that is receiving the blood supply.

**60 W. Gore Street, Orlando
407-650-1300**

**7236 Stonerock Circle, Orlando
407-370-5800**

**10000 W. Colonial Drive, Ste. 484, Ocoee
407-290-3050**

Upon arrival at the doctor's office...

A Nuclear Medicine Technologist will escort you to an exam room to explain the procedure. An intravenous line will be started in your arm to administer the isotope injections while you are walking on the treadmill. The technologist will then inject the Thallium into the IV line.

You will be asked to lie flat on your back on an imaging table with your left arm above your head. It is very important for you to lie as still as possible during the imaging session except for normal breathing. The cameras will slowly move around your chest over a period of twenty (20) minutes.

You will then be taken to the treadmill room in preparation for the exercise portion of the test. A medical assistant will obtain a medical history from you and explain this aspect of the test. You will be asked to sign a consent form and any questions will be answered at this time. The medical assistant will prepare your chest for the placement of small plastic pads for monitoring and obtaining a baseline EKG.

Upon the nurse's arrival, you will begin walking on the treadmill at a slow pace. As you are walking, if you develop any discomfort, please inform the nurse immediately. While walking, if you feel the need to stop soon, inform the nurse so the second isotope can be injected. You will need to walk for one (1) additional minute after you receive the isotope.

Upon completion of the exercise portion, the EKG pads and IV will be removed. You will have an interval of time to wait prior to the second set of pictures. During that waiting period, you may have a small low fat meal, regular coffee (no cream), and any other liquids.

After the second imaging session of 20 minutes, you may resume your regular diet and routine. You will receive a call from our office within 2 working days with the results of the scan. A copy of the report will be sent to your referring physician.

VERY IMPORTANT!

- **If you need to cancel or reschedule this test, you MUST call 48 hours prior to the appointment time: 407-650-1302.**
- **If you do not show for the appointment, or you do not give 48 hours notice of need to cancel or reschedule, you will be charged a fee of up to \$200 to cover the cost of the drugs ordered for your test.**