

Pharmacologic & Exercise Radionuclide Test Instructions

Patient name _____

Provider _____

Patient Check In:

- Bring your insurance card, legal identification card and this form with you.
- Check in on the 3rd floor of Swedish at Issaquah campus, **Suite 3010** Swedish Testing & Treatment.

Test Date(s): _____

Day: _____

Time: _____ a.m./p.m.

- ☒ Your appointment time has been reserved especially for you. If you need to cancel for any reason, kindly provide us with 24 hours notice. If you have any questions or concerns regarding your test, please call (425) 313-5220.

PROCEDURES - *Check exam(s) requested*

- ☐ Exercise Radionuclide Test
☐ Pharmacologic Radioculide Test

PURPOSE: This test is done to evaluate a patient's cardiac condition and test for:

- Evaluation of Coronary Artery Disease
- Blood flow to the heart muscle
- Overall level of cardiovascular conditioning
- Pumping action of the heart or "ejection fraction"

TEST: This test combines imaging of the heart, with color pictures enhanced by radioisotopes. A stress test either by treadmill or with IV injection of one of the following drugs: adenosine (Adenoscan); regadenoson (Lexiscan) or dipyridamole (Persantine); is performed. Two separate sets of imaging are performed; one prior to and one after the stress portion of the test. There are no sedating medications used during this test. **Please allow 3 hours for the test.**

PATIENT INSTRUCTIONS

Please read carefully. Failure to follow the instructions could result in cancellation of your test. If you have questions, please contact your doctor or clinical staff.

- ☒ Please arrive 15 minutes before your test time.
- ☒ Please let the clinical staff know *before the test* if there is a possibility of pregnancy.
- ☒ Do not eat anything for 4 hours before the test.
- ☒ Do not smoke for 3 hours before the test.

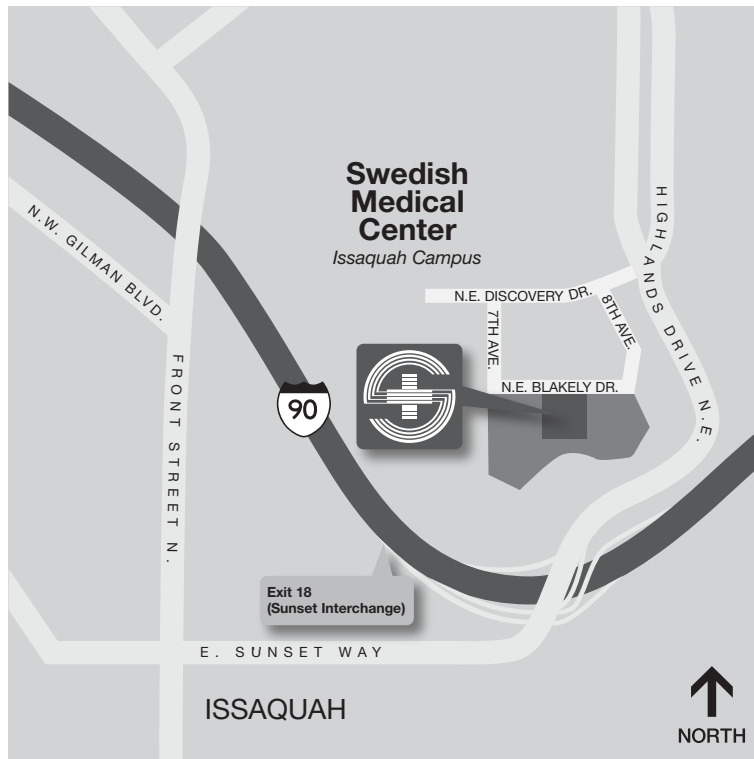
WATER IS PERMITTED AND ENCOURAGED UP UNTIL THE TEST.

- ☒ Diabetic patients may have some toast and clear liquids (apple or white grape juice) before coming in for the test. Ask your doctor or clinical staff for special instructions regarding your diabetes medications. _____
- ☒ **DO NOT have any products that contain CAFFEINE for 24 hours before the test.** This includes chocolate, coffee, tea, colas and all DECAFFEINATED products as well. Medicines that have caffeine (Excedrin, Darvon, Anacin, diet pills) should not be taken 24 hours before the test.
- ☒ Wear a comfortable 2-piece garment and comfortable walking/running shoes.

MEDICATIONS:

- ☒ If you take a Beta-Blocker such as Atenolol, Tenormin, Lopressor, Toprol, Coreg) or Nitrates (Nitro patch, Isosorbide, Isordil) please check with your doctor or clinical staff for instructions. _____
- ☒ If you use inhalers, bring them with you. If you use medications with "Theo" in the name, consult your doctor or clinical staff for instructions. _____
- ☒ If you take AGGRENOX or PERSANTINE, do not take it for 48 hours before the test.
- ☒ If you take a diuretic ("water pill") do not take it on the day of the test.
- ☒ DO NOT TAKE Viagra 24 hours before the test, Cialis 72 hours before the test or Levitra 48 hours before the test.

(Over)



Driving Directions

Traveling East on I-90

- Take the E. Sunset Way-Highlands Drive exit (No. 18).
- Go left at the “Y” and continue onto Highlands Drive.
- Turn left (west) at the first traffic light onto N.E. Discovery Drive.
- Turn left (south) at the next light onto 8th Ave. N.E.
- Travel down 8th Ave., until it turns into the Swedish/Issaquah main entrance.
- Immediately turn right to enter the underground parking garage. Parking is also available on the surface lots.

Traveling West on I-90

- Take the E. Sunset Way-Highlands Drive exit (No. 18).
- Turn right (north) onto Highlands Drive.
- Turn left (west) at the first traffic light onto N.E. Discovery Drive.
- Turn left (south) at the next light onto 8th Ave. N.E.
- Travel down 8th Ave. until it turns into the Swedish/Issaquah main entrance.
- Immediately turn right to enter the underground parking garage. Parking is also available on the surface lots.