



## **GATEWAY CARDIOLOGY, P.C.**

### **NUCLEAR EXERCISE CARDIOLITE EXAM INSTRUCTIONS AND INFORMATION**

You are scheduled to have a special test on your heart called a Nuclear Exercise Cardiolute Exam (also known as an Exercise Thallium) performed in our office.

APPOINTMENT DATE: \_\_\_\_\_

LOCATION: \_\_\_\_\_

#### **What should I do if I am unable to keep the appointment?**

We realize that there are times and instances where you may not be able to keep this appointment and because of the cost of performing this test, it is imperative that you call us 48 hours prior to your scheduled test. There is a \$200 charge for missed non-cancelled tests.

#### **Where are we located?**

St. Anthony's Medical Center – Heart & Ambulatory Services Center 10012 Kennerly Road, Suite 301, St. Louis MO 63128. HWY 270 & Tesson Ferry Road. South on Tesson Ferry for one mile. Right on Southfork Road. Right onto the hospital grounds. The Heart & Ambulatory wing is at the intersection of the parking garage and the hospital building on the south side of the hospital complex.

#### **What does the test involve?**

The test involves taking pictures of the heart before AND after a stress test is performed. The pictures are taken by a special camera that detects radioactivity. An IV will be placed in your arm or hand and a small amount of radioactive material will be injected into your blood stream. This allow the camera to get the pictures of your heart. This material will not make you feel any different at all. It simply allows us to see your heart with the camera. The pictures take 25-30 minutes each.

#### **What does the stress test involve?**

The stress test involves walking on a treadmill in order to increase your heart rate. The treadmill starts at a relatively slow speed (1.7 MPH) and at a light incline. Every 3 minutes the speed and incline increase causing you to work harder and your heart rate to increase. We will be monitoring your blood pressure and electrocardiogram while you are walking and the Cardiologist will be present during your stress test. If you are unable to walk for any reason, please contact our office at (314) 729-0088.

#### **How long does the test take?**

The test takes about 3 to 4 ½ hours.

#### **Are there any preparations prior to the exam?**

1. Nothing to eat or drink for at least 4 hours prior to the exam.
2. Take all of your medications\* prior to the exam with water.
3. Wear comfortable clothing and shoes for walking.
4. Bring a list of your current medications with you.
5. No caffeine for 24 hours prior to the exam (no coffee, tea, soda).
6. No Theophylline or related medicine for 48 hours prior to procedure.

**\*Note:** The following medicines should be stopped for 48 hours prior to the Cardiolute exam: These include **Primatene, Brethine, Uniphyl, Slo-BID, Theo-X, Lufyllin, Theo-Dur, Persantine.**

#### **When will I get the results?**

We will call you with the results usually within 1-2 working days. We will also let you know at this time if you need to be scheduled for further testing or for a follow-up visit.

#### **Any Further Questions?**

If you have further questions, please contact our office at (314) 729-0088