



Nuclear Medicine
(Outpatient)

Dual Isotope Stress Test with exercise

Welcome:

We would like to welcome you to OSF Saint Francis Medical Center Nuclear Medicine Department.

When to Come, Where to Park, and Where to Go:

Please arrive at the medical center 30 minutes before your test or 45 minutes before if any lab work also needs to be done.

What to Bring with You: Comfortable clothes and walking shoes, list of current medications

Prep: Nothing to eat or drink 4 hours prior to the start of your scan. Minimal water is allowed to take pills. **No caffeinated or decaffeinated** beverages or food for 24 hours prior to the start of your scan. No smoking, No pain Meds for 4 hrs.

Family: Family or friends are asked to stay in the radiology waiting area per our department policy. This is to ensure the privacy of other patients in accordance with HIPAA privacy act.

Pregnancy Policy: It is the policy of OSF Saint Francis Medical Center to conduct pregnancy tests on female patients having a CT, MRI, Nuclear Medicine, PET, Angiography, or X-ray exams of the abdomen area. This policy is to avoid potential harm to an unborn baby as a result of the radiation or medications given during the exam.

A pregnancy test is required prior to the procedures listed above and should be ordered by your physician if you are a female:

- Between the ages of 12 and 55 and have not had a hysterectomy
- Less than 12 years old and are having menstrual periods
- Over age 55 and having menstrual periods

The pregnancy test must be done within three days prior to your exam at any OSF Saint Francis facility. Home pregnancy tests are not acceptable.

If you know that you are pregnant please notify your physician.

Medications: Follow instructions given by your doctor's office.

Allergies: There are no side effects from the injection of the radioactive isotope. It is not a drug or a dye.

If you have any allergies to latex, call your doctors office. If your doctor wants the test to be completed you'll need to be pre-treated prior to the test date. The office will order the pre-medications for you to take for the pre-treatment

Procedure Instructions: This test takes approximately 2-2 ½ hours for the whole procedure. You will need to lay flat with both arms positioned above your head on our scanning table for this test.

First, you'll be instructed to change into a gown from the waist up. An IV will be established in a vein. This allows us to give a minimum of two injections for the test. The first injection is a radioactive isotope called Thallium that shows the blood flow to the heart muscle under resting conditions. We need to wait approximately 15 minutes prior to the first scan.

After the first scan is done, you'll be escorted to the Cardiology department. In the treadmill lab you will have 12 electrodes attached to your chest for an EKG. You'll then exercise on the treadmill until your heart rate increases to a level that the supervising Cardiologist feels is adequate for the stress test.

At that point, you'll be injected with a second radioactive isotope called Cardiolite. When you're completed in Cardiology, you'll be escorted back to Nuclear Medicine to have a second scan.

The second scan will also require you to lay flat on the scanning table with the both arms positioned above your head. This scan is showing the blood

flow to your heart under stress conditions. These two scans are then compared together.

Test Results: A Nuclear Radiologist will read your study. The radiologist will give a report that will be typed and sent to your doctor.

You can make plans with your ordering doctor on how to receive your test results (such as follow-up doctor appointment, calling the doctor's office, etc.)

After Test Instructions: None