



## 2-Day Adenosine Stress Test

To Schedule: (319) 861-7778

Questions about procedure: (319) 221-8500

### What is a Adenosine Stress Test?

An Adenosine stress test is a test that uses a drug and special imaging to determine if your heart is receiving enough blood and if you have coronary artery disease. Coronary artery disease occurs when the heart's vessels become partially blocked or narrowed by the build-up of fatty materials preventing the heart from receiving the blood it needs to function properly. There are three parts to this stress test and it usually involves two different days.

### Why should I have an Adenosine Stress Test?

Your doctor has decided that you are not physically able to walk on a treadmill and chosen to stress your heart with a drug called Adenosine. The test results help your doctor plan your treatment and decide whether any additional tests are necessary.

### Preparation:

Please review with your doctor or your doctor's nurse.

- You may have a light meal then nothing to eat or drink for two hours before the test. (for both days).
- Don't have any caffeine 24 hours before the stress part of your test, usually the second day. This includes coffee, regular **and** decaffeinated, tea, chocolate, **all** cola drinks and soft drinks containing caffeine and over-the counter pain relievers containing caffeine (Anacin, Excedrin).
- You will need to stop Theophylline and Persantine medications 24 hours before day two of the test. Check with your doctor to see if you are taking any of these medications.
- If you use an inhaler for breathing problems let your physician know.
- Wear a comfortable two-piece outfit (both days).
- Bring a list of your current medications to the procedure (for both days).
- Please bring photo ID.

## **Procedure:**

**DAY ONE:** You will report to the Nuclear Medicine section of the X-Ray Department. You'll be asked to undress from the waist up and put on a hospital gown. An intravenous (IV) line is started in your arm. A small amount of radioactive material, Cardiolite, is given through the IV. This material travels to your heart to make imaging of the heart possible. After waiting for 45 minutes you will be asked to rest on your back, usually with your arms comfortably extended above your head. For the next 20 minutes a special camera takes images of the blood flow to your heart. The camera doesn't come in contact with you, cause discomfort, or emit radiation. The Cardiolite is cleared from your body through its natural processes.

Plan to allow 1-2 hours from arrival to the time you can leave.

**DAY TWO:** The second part of the test takes place in the Non-Invasive Cardiology department. You will meet and talk with the doctor who will supervise your test. Small pads (electrodes) are placed on your chest to record your heartbeat and your blood pressure will also be monitored. An IV line is started in your arm. Next, the drug Adenosine is given slowly (over 6 minutes) through the IV. Cardiolite is also given at this time through the IV. You may feel flushed, experience chest pressure or pain, shortness of breath, headache, nausea or some other discomfort. This is a normal reaction to the drug and these symptoms disappear within a minute or two. You will be observed for 5-10 minutes, and then disconnected from the EKG and blood pressure monitors.

You will be directed to the cafeteria to get something to eat. After one hour you will return to the Nuclear Medicine Department for the final imaging portion of the test. This takes approximately 20 minutes. The images from day one and day two are then compared and the results are sent to your doctor.

Plan to allow 2-3 hours from arrival to the time you can leave.

## **Outpatient Registration:**

Park in the Mercy parking ramp, located at the corner of 8<sup>th</sup> Avenue and 8<sup>th</sup> Street SE. Enter the hospital at the South Entrance, Ground Level. On Day one you will proceed to the Radiology department on ground floor and they will direct you to nuclear medicine. On day two you will proceed to the Non-Invasive Cardiology department on the ground floor.

**Your appointment date and time Day One:**

**Your appointment date and time Day Two:**