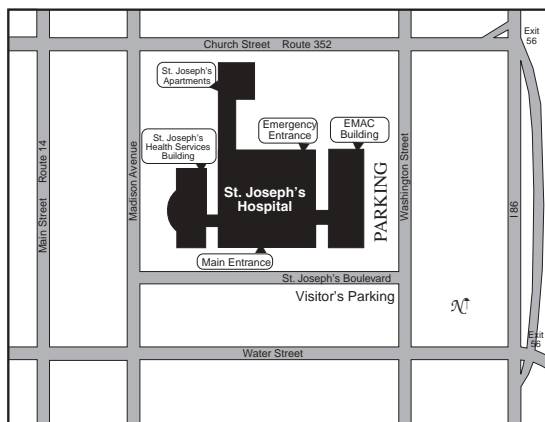


Directions and Map

St. Joseph's is conveniently located in Elmira, NY just off the Southern Tier Expressway (NY Route 17/I-86).

From Route 17/I-86: Take the Elmira exit (Exit 56). Continue straight on Church Street for three blocks to Washington Street. Turn left onto Washington Street for one block. Then turn right on St. Joseph's Boulevard and proceed to the Visitors Parking Lot.



555 St. Joseph's Boulevard
Elmira, New York 14901
www.stjosephs.org

Department of Medical Imaging
(607) 737-7813

Cardiolite Stress Test

Department
of
Medical Imaging



555 St. Joseph's Boulevard • Elmira, NY 14901

Patient's Name: _____

Date of Scheduled Appointment: _____

Time of Scheduled Appointment: _____

Cardiolite Stress Test

Please report to the Outpatient desk fifteen minutes prior to your scheduled test.

This test will be done to provide more information about your heart.

There are two sets of images required for this study, resting and stress. Resting images are done first.

You will be given an isotope called Cardiolite into a vein in your arm and asked to return one hour later for the scan. You may have a glass of milk or a light meal 20 minutes after the injection. When you return to the Nuclear Medicine Department, the scan will take fifteen minutes.

At your scheduled time, report to the Cardiovascular Lab for the treadmill stress test. Before the test, a routine electrocardiogram (EKG) will be recorded. The test will be described to you and you will have a chance to ask any questions you wish. An I.V. will be placed in your arm. Then you will walk on the treadmill (a continuously-moving track). The speed of the treadmill

and its steepness will be slowly increased. While you are walking on the treadmill, your heart rate, heart rhythm, and electrocardiogram will be watched by a doctor and technicians. Your blood pressure will also be checked.

If, during the test you should have chest pain, pressure, difficulty breathing, weakness, or feel uncomfortable in any way, you should tell the doctor and the test may be stopped. While you are on the treadmill, you will be given another injection of Cardiolite through the I.V. Upon completion of the test, the I.V. will be removed. Return to the Nuclear Medicine Department one hour later for another fifteen minute scan. While you are waiting that one hour, you should have another glass of milk or a meal.

Instructions:

- ✓ **Allow three to four hours total time for the test.**
- ✓ **Fast four to six hours prior to the test.**
- ✓ **Take your medication unless otherwise advised by your physician.**

Wear proper clothing

- 1) Comfortable slacks; shorts may be worn.**
 - 2) Sneakers or rubber-soled shoes, no slippers, boots, or high heels.**
- ✓ **If you have any questions concerning the above, feel free to contact your doctor or call the Nuclear Medicine Department at 737-7813.**