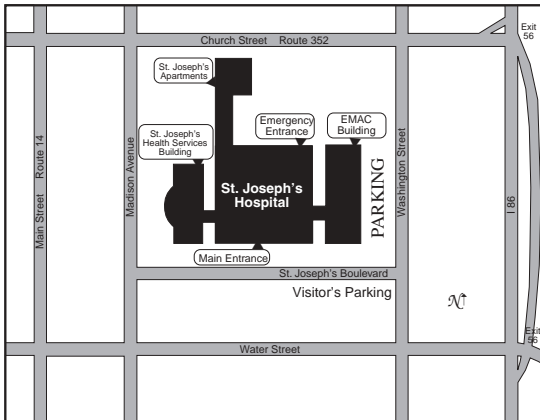


## Directions and Map

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

**From Route 17:** 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](http://www.stjosephs.org)

Department of Medical Imaging  
(607) 737-7813

# Dual Isotope Stress Test

Department  
of  
Medical Imaging



Patient's Name: \_\_\_\_\_

Date of Scheduled Appointment: \_\_\_\_\_

Time of Scheduled Appointment: \_\_\_\_\_

rhythm and heart rate. Your blood pressure will also be checked.

If during the test you should have chest pain, difficulty breathing, weakness or feel uncomfortable, tell the physician and the test may be stopped.

# Dual Isotope Stress Test

**P**lease report to the Outpatient desk fifteen minutes prior to your scheduled appointment.

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 will be done first.

An I.V. will be placed in your arm. You will be given an injection of an isotope, Thallium. Your resting images will be taken right after the injection. The scan will take fifteen minutes.

At your scheduled time, report to the Outpatient Desk to prepare for the stress test.

A routine electrocardiogram (EKG) will be recorded prior to the test. The test will be explained to you and you will have a chance to ask questions.

You will then walk on a treadmill. The speed and steepness will increase every three minutes. While you are walking, the physician and technician will monitor your heart

While you are walking on the treadmill, you will be injected with another isotope, Cardiolite. You will have to walk one minute after the injection. Twenty minutes after the injection you may have a light meal or glass of milk.

You will return to Nuclear Medicine for stress images one hour after your injection. The scan will last fifteen minutes.

## Instructions:

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- ✓ **Fast four-six hours prior to the test and until completion of both parts of the test.**
- ✓ **Allow 2-3 hours total time for the test.**
- ✓ **Take your medication unless otherwise advised by your physician.**
- ✓ **Wear proper clothing:**
  1. **Sneakers or rubber-sole oxfords; no slippers, boots or high heels.**
  2. **Comfortable slacks; shorts may be worn.**
  3. **If you have any questions concerning the above, feel free to call your doctor or the Nuclear Medicine Department.**