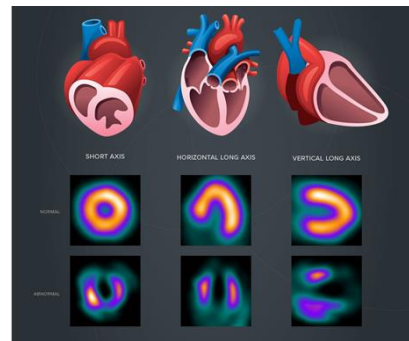
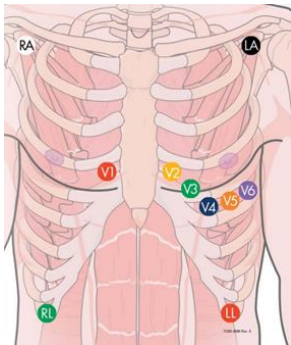




MORRIS HOSPITAL  
CARDIAC DIAGNOSTICS  
815-705-1170

## EXERCISE CARDIOLYTE STRESS

Prior to testing, the nurse will listen to your heart and lungs. The staff will clean your skin with alcohol and exfoliate it using a mildly abrasive tape. If you have chest hair, we may need to shave your chest prior to preparing your skin. We will place stickers across your chest and abdomen. Wires will attach to those stickers, which allow us to monitor your heart throughout your test. We will also monitor your blood pressure throughout testing. We will also start a small IV so you can receive a nuclear tracer. The nuclear tracer is what allows us to take images of your heart.



You will start by walking on the treadmill on an incline. Every 3 minutes, the treadmill will go a little faster, and the incline will become a little higher. We are trying to bring your heart rate up to a certain range that is based on your age. We will discuss your specific goals before your test. When you reach your goals, you will be injected with a nuclear tracer (Cardiolite). Once this is injected, you will need to exercise one more minute to circulate the tracer. We will continue to monitor you for at least 6 minutes to assure you are feeling well and that your vital signs are returning to baseline. We will review post testing instructions and then your test will be complete. Your ordering provider's office will contact you with your results in about 5 business days.

Cardiolite stress testing usually involves two injections of the nuclear tracer and two scans. You will receive an injection when your heart is at rest, and then a scan about an hour later. Then you will receive an injection of the nuclear tracer during the stress test, and your scan will be about 30-60 minutes later. Sometimes both scans are performed in one day and you should expect to be at the hospital for about 3 hours. Sometimes you will come on 2 separate days; one for rest and one for stress. You should expect to be at the hospital for about 90 minutes each day.