



St. Louis Heart and Vascular, P.C.

Your heart is in great hands.

EXERCISE CARDIOLITE STRESS TEST

***IF YOU NEED TO CANCEL YOUR TEST FOR ANY REASON, PLEASE CALL 314-741-0911 (DIAL EXT. 4024 AND LEAVE A DETAILED MESSAGE INCLUDING YOUR NAME AND TELEPHONE NUMBER) ***

Your doctor has scheduled you for an Exercise Stress Test at our Christian NorthEast office located at 11155 Dunn Road, Suite 306E, St. Louis, MO on _____ at _____ am / pm.

DURING THE PROCEDURE YOU WILL:

Have an IV started that will remain in place until the test is complete.

Be given 2 injections of a radiopharmaceutical through the IV.

Sit in a chair 2 separate times while a camera takes pictures of you heart.

Exercise on a treadmill for the stress portion of your test.

The entire test will take at least 2-3 hours to complete.

PLEASE CONTACT THE OFFICE IMMEDIATELY AT 314-741-0911 ex:4024 IF YOU ARE UNABLE TO MAKE IT TO YOUR STRESS TEST.

YOU MUST:

Wear comfortable clothes and shoes.

Please do not wear cologne or perfume, but deodorant is acceptable.

You can eat breakfast as long as it is not greasy.

If you use inhalers for asthma or lung disease please bring them with you to the test.

TAKE ALL MORNING MEDICATIONS, except do not take any beta blockers (includes Ziac, Bisoprolol, Toprol, Atenolol, Bropanolol, Carvedilol, Coreg, Lopressor, Metoprolol, Tenormin) for 24 hours prior to the test.

DO NOT HAVE CAFFEINE FOR 12 HOURS PRIOR TO THE TEST THIS INCLUDED COFFEE, DECAF, TEA, SODA AND CHOCOLATE.