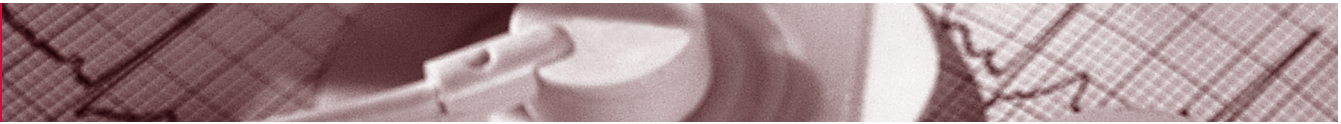




# what to expect



When you arrive at Northfield Hospital, please park on the north side, near the Emergency Entrance. Enter through the Emergency Entrance. The Registration Desk will be on your right, as you enter. Give your name to the Admissions Representative and tell him or her that you are there for a cardiac stress test. Please bring with you a list of the medications you are using and your insurance card.

## ***The test consists of three parts:***

Once you are registered, you will be taken to the mobile imaging truck, where an IV will be started in your arm. This line is used to inject before and during the test. A special camera will take pictures of your heart. Imaging will take approximately 22 minutes.

Next you will be prepped for the test. Electrodes will be placed on your chest. These electrodes will be connected to an electrocardiograph (ECG) monitor so that your heart rhythm can be watched closely throughout the exercise portion of the test.

You will be lying down for the next part of the test. This will last 4 minutes. Blood Pressure and EKG will continue to be monitored by physician and nurse.

Please report any unusual symptoms e.g. chest pain, lightheadedness, during the test to the physician. You will be given one more injection through the IV line approximately one minute before the end of the exercise test. At the conclusion, you will be monitored for five minutes, cardiovascular responses will be recorded.

The third and final part of this test will be similar to the first scan. You will go back to the mobile imaging for your final imaging (22 minutes).

The medication administered during this stress test contains a small amount of radioactivity. The amount of radiation you will be exposed to is comparable to that from an X-ray or CAT (CT) scan. If you are pregnant, suspect you may be, or a nursing mother, discuss this with your doctor before undergoing the procedure. Adverse reaction to this medication is rare. You may briefly notice a metallic taste a few seconds after injection has occurred. Other side effects have occurred rarely.

At the conclusion of your test, your scans will go to Minneapolis Heart Institute, where they will be read by a cardiologist. The report will be sent to your referring physician. Please arrange a follow up appointment with your physician to discuss test results.

## ***Preparing for the Stress Test:***

24 Hours Before the Test – Do not drink caffeinated beverages or EAT anything at all containing caffeine for 24 hours PRIOR to the exam. Read labels carefully. Caffeine is hidden in many things. For example, chocolate, Excedrin, Anacin all contain enough caffeine to cancel your test. Even decaffeinated coffee and beverages have some caffeine. No Coke, Diet Coke, tea, iced tea, coffee, etc.

Do not eat or drink anything for at least 4 hours before the testing.

## ***Take any medicine you normally take EXCEPT for:***

BETA BLOCKERS (unless specifically instructed otherwise by your physician.) If you are unsure if you are on a Beta Blocker, please ask. If you have diabetes, you will receive special instructions about your medication.

Do not smoke 4 hours before the exam.

The test will last between 2 and 2½ hours.

Please tell our technician if you are pregnant.

## ***What to wear:***

1. Wear lightweight, comfortable clothing (two piece – pants and top. Avoid sweatshirts.)
2. Wear comfortable shoes suitable for walking. No clogs, sandals or boots.
3. Women should not wear pantyhose or undergarments that are of one-piece design.
4. No metal above the chest. For instance, no bib overalls or necklaces.

*If you have any questions related to this information, please feel free to call the number below during regular business hours or, at other times, leave a message, and your call will be returned as soon as possible. Please give 24-hour notice if you must cancel an appointment. Hours are Monday and Wednesday from 8 a.m. until 4:30 p.m.*

**Outpatient Clinic Scheduling: 507-646-1201**