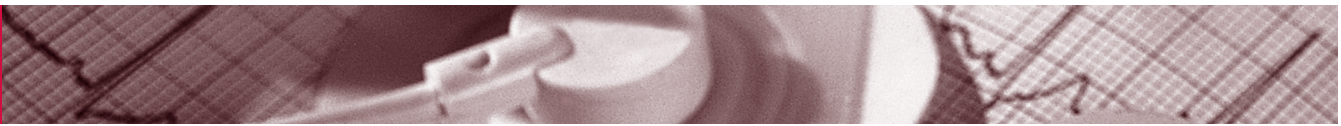


what to expect



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.

Once you are registered, you will be prepped for the test. Electrodes will be applied to your chest to record an electrocardiogram (EKG), a test that records the pattern of your heartbeat.

Next, an IV will be started in your arm. This IV is used to inject before and during the test. The medication called dobutamine is used to increase the heartrate (instead of treadmill walking).

You will be lying down for the test. A technician will place a painless transducer at various places on the left side of your chest. Your blood pressure and EKG will continue to be monitored by the physician. Please report any unusual symptoms (e.g. chest pain, lightheadedness and nausea) to the physician.

At the conclusion, after the medication has been stopped, you will be monitored for approximately five minutes.

If you are pregnant, suspect you may be, or are a nursing mother, discuss this with your doctor before undergoing the procedure. Adverse reaction to this medication is rare.

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 1 and 1½ 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