

## Who should have a stress test?

**Your doctor is the person to identify the reasons for stress testing.**

Some of the reasons are:

1. Chest pain.
2. Congestive heart failure or weakness of your heart muscle.
3. Coronary Artery Bypass surgery, Angioplasty, or Stent follow up.
4. Age associated with a significant number of risk factors.
5. Many other reasons as recommended by American Heart Association and American College of Cardiology.

## What are risk factors?

Age

Smoking

Diabetes

Hypertension

High cholesterol



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[www.toledocardiology.com](http://www.toledocardiology.com)

*Edited by AK*

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**Name:** \_\_\_\_\_

**Test Date:** \_\_\_\_\_

**Time:** \_\_\_\_\_

## Persantine Stress Test Adenosine Stress Test

## UNDERSTANDING YOUR TEST



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## What is the doctor looking for?

1. How the blood perfuses and distributes into your heart muscle.
2. To identify areas of the heart muscle receiving less blood and oxygen than normal suggesting blocked arteries.
3. To determine heart muscle function.

## What is the test?

- An IV is inserted into a vein in your arm and special pictures of your heart are taken and viewed.
- After this, you will have the stress test completed by receiving a medication called Persantine or Adenosine depending on which test ordered..
- Immediately following this, more pictures will be taken.
- The resting pictures and the exercise pictures will then be processed and interpreted by a cardiologist.

## Test Instructions:

- Stop eating and drinking **six hours before your test, EXCEPT for water.** You will be able to eat prior to\_\_\_\_\_.
- **You will need to stop all caffeine and decaffeinated products on:\_\_\_\_\_.** No pop, coffee/ decaf, tea, chocolate, or aspirin containing caffeine (Excedrin). You may drink water, milk or juice.

## Test Instructions (cont):

- If you are diabetic, the day of the test you should:
  - take half of your usual insulin dose.
  - If you take pills, hold them until after the test.
- If you are on any of the following medications please stop them on:\_\_\_\_\_.  
Isordil, Ismo, Imdur, or Nitropatch.

## Let your doctor or nurse know:

- If you have Asthma, COPD, breathing problems, or you are taking a medicine called Theophylline.
- If you weigh over 250 lbs (113kg).
- If you are **claustrophobic** or cannot lie on your back for more than 20 minutes at a time.

**\*\*\*If you must cancel this test we do require a 24 hour notice.\*\*\***

**This test takes approximately 3-5 hours to complete.**