



**30 East 40<sup>th</sup> Street #1201, New York, NY 10016**

Date: \_\_\_\_\_ Time: \_\_\_\_\_

### ***INSTRUCTIONS FOR CARDIOLITE-STRESS TEST***

**You have an upcoming appointment for a Cardiolite Stress test. The entire process should take about 4 hours. There are a few particulars regarding the test we would like to inform you of:**

You will be injected with a small amount of radioactive material then we will take sitting scans of your heart. You will then walk on a treadmill while your EKG is monitored. One hour after your exercise is completed you will have some additional scans. At this point, you may leave the office during the waiting period to get something to eat. **BUT** if you are late returning, the patient after you will be taken next and you will have to wait additional time.

1. Please bring or wear sneakers or rubber-soled shoes.
2. Bring or wear comfortable clothing, either shorts or slacks. We have lockers and a changing room for your convenience.
3. **Women:** no bra can be worn during the exercise portion of the test, we will supply you with a gown.
4. **Men:** we may have to shave small portions of hair from your chest to connect electrodes for monitoring.
5. No lotions or body creams should be used on the day of testing, you may use deodorant.
6. Nothing to eat or drink **3 hours** prior to testing. You may take certain medications with sips of water.
7. You will be here approximately **3 ½ to 4 hours** until completion.
8. We will try to call you to confirm your appointment 1 to 2 days before your appointment.

**Because special materials need to be ordered specifically for your test, we must INSIST on 24-48 hour notice if you must cancel.**

9. If you are taking any of the following medications, please check with your referring physician or have your physician contact us **about stopping before the test:**, Coreg (carvedilol), Inderal (propranolol), Inderal LA (propranolol LA), Kerlone, Imdur (isosorbide mononitrate), Lopressor (metoprolol), Sectral, Tenormin (atenolol), Toprol XL (metoprolol XL), Nitropatch. **OR ANY BETA BLOCKERS.**

**Please do not hesitate to contact us if you have any questions.**

**We ask that you please be on time for this test, lateness will prolong the testing time unnecessarily.**

Thank you.

Kenneth R. Krauss, MD

212-684-3305

Alan Spiegel, MD

212-684-7172