

# Nuclear (Cardiolite®) Dobutamine Stress Test

This test will tell your doctor if you have enough blood flow to your heart and if you could have heart disease. A small amount of radioactive tracer (Cardiolite®) is injected into your blood. A camera shows the tracer and creates an image of your heart. You will be given a second medicine called dobutamine. This medicine increases your heart rate as if you were exercising.

## How to get ready for the test:

### 12 hours before the test:

- Do not eat or drink anything with caffeine. No pop, coffee, decaf coffee, tea, energy drinks, or chocolate.

### 4 hours before the test:

- Do not eat or drink anything. It is okay to take medicines with sips of water (see list below about medicine to avoid). If you are diabetic, talk with your doctor about what to eat and taking your medicine or insulin.
- Do not smoke or use anything with nicotine. This includes vaporizers, e-cigarettes, nicotine gum, or smokeless tobacco. Remove any nicotine patches.

### Day of the test:

- Wear comfortable, loose fitting clothes.
- Do not use body lotions, oils or powders.
- Test takes 3 - 5 hours. You may bring something to read or do.

### Check with your doctor about what medicines you should take before the test.

You should NOT take the following medicines unless your doctor tells you to:

### 48 hours before test:

- Medicines with dipyridamole: Aggrenox® or Persantine®
- Medicines for erectile dysfunction: Cialis®, Levitra®, sildenafil, Stendra®, Viagra®

### 24 hours before test:

- Beta blockers: atenolol (Tenormin®), carvedilol (Coreg®), metoprolol (Lopressor®, Toprol®), propranolol (Inderal®)
- Calcium channel blockers: amlodipine (Norvasc®), diltiazem (Cardizem®), nifedipine (Adalat®, Procardia®)
- Methylxanthines: theophylline (Elixophyllin®, Theo-24®, Theochron®, Uniphyll®)

### Day of test:

- Digoxin
- Nitrates: nitroglycerin (Minitran®, NitroDur®, Nitrostat®), isosorbide dinitrate (Dilatrate®, Isordil®, Sorbitrate®), isosorbide mononitrate (Ismo®, Imdur®, Monoket®)

**What to expect:**

1. An IV will be started. The tracer will be given through your IV. There will be a 30-45 minute wait before the next part of the test. Then a set of pictures will be taken of your heart that will show the blood flow to your heart at rest. This part of the test will take about 15 minutes.
2. The next part is the stress test. During the stress test you will be given an infusion of dobutamine. A nurse or exercise specialist will tell you how the medicine might make you feel before it is given. When you have reached a pre-determined heart rate, the dobutamine will be stopped and you will be given another dose of the tracer. We will be asking you how you feel during the test. Your heart rate and blood pressure will be monitored before, during, and after the test.
3. You will wait 30-45 minutes before the last part of the test. A second set of pictures will be taken of your heart which will show the blood flow to your heart when it was in a “stress” condition. This will take about 15 minutes.
4. A cardiologist will review the test. You will get the results from your doctor who ordered the test.

**If you have any questions about the test, contact the facility where your test is scheduled.**

**Bronson Methodist (Kalamazoo): (269) 341-6269**

**Bronson Battle Creek (269) 245-8091**

**Bronson Lakeview: (269) 657-1495**

**Bronson South Haven: (269) 639-2796**