



Non Exercise Persantine Stress Test

Name: _____

NON EXERCISE PERSANTINE STRESS TEST

The following information is a brief description of the Non Exercise Persantine Stress Test. If you have any questions after reading this information, please speak with your nurse.

WHAT IS A NON EXERCISE PERSANTINE STRESS TEST?

- A test to evaluate the heart and coronary arteries. The coronary arteries are the blood vessels that supply the heart muscle itself with oxygen rich blood.
- A medication, Persantine, is given to expand (dilate) the coronary arteries. This is similar to what happens during exercise. Cardiolute, a radioisotope, which allows images of the heart muscle (myocardium) to be taken, is also given. By looking at the uptake of Cardiolute in the myocardium, the coronary arteries can be evaluated for narrowing.

WHY IS IT DONE?

- To help your doctor determine whether your coronary arteries are blocked or narrowed as a result of coronary artery disease. This will help your doctor decide the best treatment.



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WHERE IS THE PROCEDURE DONE?

- Cardiac Stress Lab, 2nd Floor, Tisch Hospital.

HOW LONG DOES IT TAKE?

- The procedure takes 3-4 hours. There are no breaks during the procedure.

WHAT PREPARATION IS NEEDED?

- It is important that you discuss the reasons why you are having the test with your doctor before you come to the Exercise Lab. Make sure you ask him/her any questions you have.
- Tell your doctor if you have asthma, chronic lung disease or bronchitis.
- Tell your doctor if you are taking any of the following medications:

Aerolate	Quibron T/SR	Sustaire	Theo-Dur
Bronkodyl	Resbid	Theo-zy	Theospan
Constant-T	Slow-bid	Theobid	Theovent
Elixophylline SR	Slo-Phyllin	Theoclear	Omniphyll

- You should not eat or drink anything for 4 hours prior to the test (for example, if the test is scheduled for the morning, do not eat breakfast; if scheduled for the afternoon, do not eat lunch). If you have diabetes,



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please check with your nurse for specific dietary instructions. Do not have any caffeine for 24 hours before the procedure.

- Check with your doctor if you are taking medications for diabetes to determine if your dose needs to be adjusted the day of the test.
- If you are currently taking Persantine tablets, you can continue to take them.
- Bring your reading glasses to the Stress Lab. You need to read and sign the consent form after the test has been explained to you. Also, bring reading material.
- Escort personnel will take you to the Cardiac Non-Invasive Lab in a wheelchair.

WHAT HAPPENS DURING THE PROCEDURE?

- The nurse or technician will apply 10 EKG patches so you can be monitored during the test. This will allow an EKG to be taken throughout the test.
- You will need to sign a consent form giving your permission for the test once it has been explained to you.
- An IV will be started to facilitate all the injections.
- Cardiolite, a substance with low level of radioactivity, is injected. You wait 5 minutes and resting images are taken with a S.P.E.C.T. camera. This will detect the Cardiolite in the myocardium.



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- You will be positioned in the S.P.E.C.T camera and images of your heart will be taken. Your head remains outside the imaging camera. You need to lie flat and still with your arms over your head for 20 minutes. The staff will make you as comfortable as possible.
- After the scan you will have the stress test. You will lie on a stretcher. The nurse or technician will attach you to an EKG monitor. A blood pressure cuff will be applied.
- Persantine and a second dose of Cardiolite will be infused through the IV. Next, Aminophylline is given. This reverses the effects of Persantine. You will be monitored by a nurse and cardiologist throughout the stress test.
- The second set of images will be taken 30-60 minutes after the Aminophylline is given.

WHAT HAPPENS AFTER THE PROCEDURE?

- You return to your room and can resume your usual diet and activities.
- The scans will be interpreted by a cardiologist.
- Your doctor will discuss the results with you within 48 hours.

WHEN WILL I GET THE RESULTS?

- Your doctor will discuss the results with you within 48 hours.
- The scan will be interpreted by a radiologist and a cardiologist.



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SPECIAL INSTRUCTIONS OR QUESTIONS
